

THE  
MAGIC  
OF  
NORSE RUNES

UNLOCK THE ANCIENT POWER  
OF THE ELDER FUTHARK



ERIK HANSEN

# **THE MAGIC OF NORSE RUNES**

**Unlock the Ancient Power of the Elder Futhark - A  
Guide to Reading and Casting Rune Stones for  
Divination, Spells, and Modern Witchcraft**

**Erik Hansen**



## Bonus Liber



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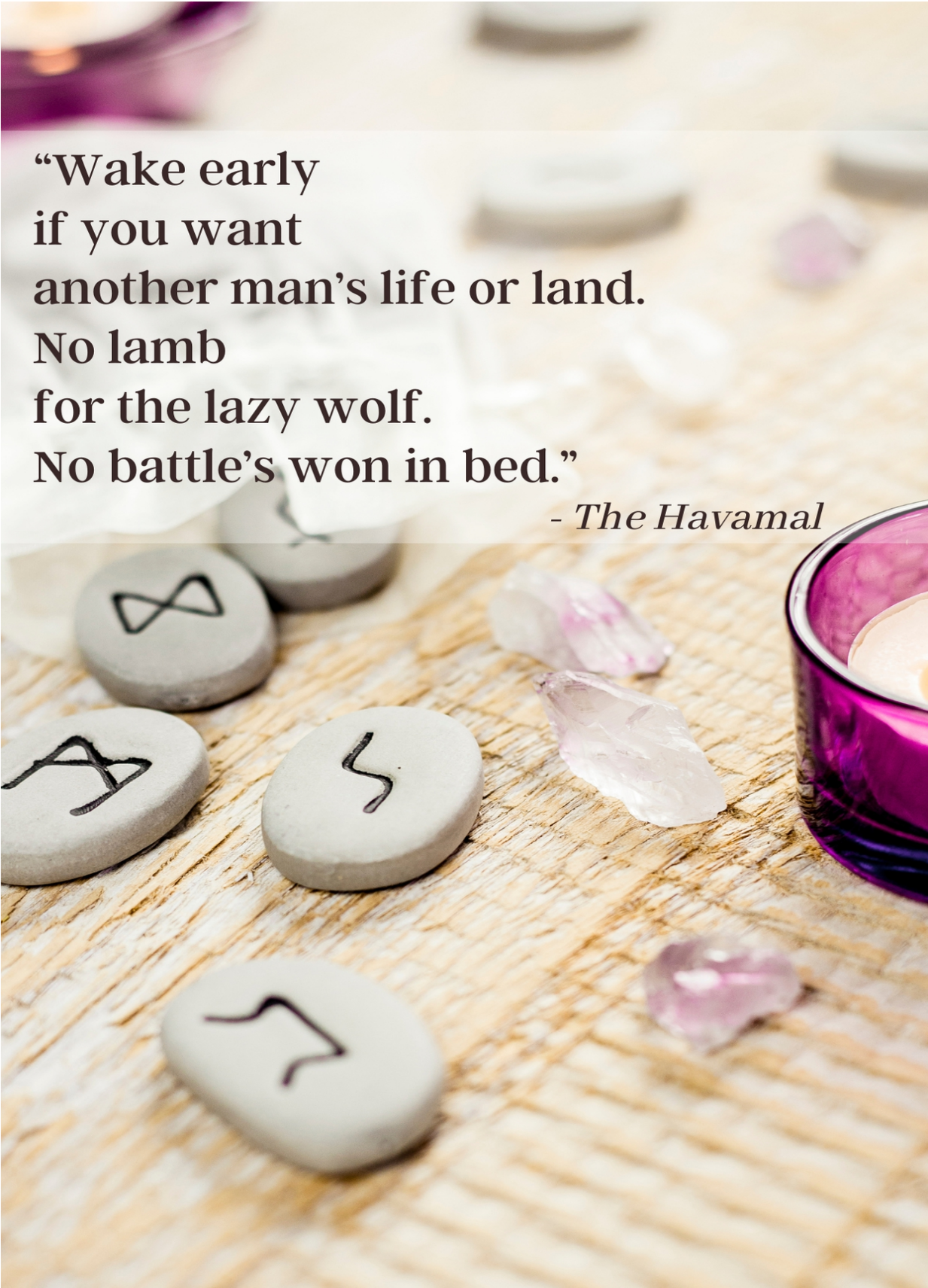
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“Wake early  
if you want  
another man’s life or land.  
No lamb  
for the lazy wolf.  
No battle’s won in bed.”

- *The Havamal*

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# INTRODUCTION



We come from diverse backgrounds and have varying reasons for seeking the runes, but there is one common thread that connects us all - the allure of the runes' enigmatic nature. By studying the runes, we hope to gain a deeper knowledge of the universe, its forces, and even ourselves. Whether you



learned about the runes from your grandparents or through a website that piqued your interest, this book will provide you with a simple but comprehensive explanation of the runes and what they may offer to your life.

Personally speaking, I discovered runes during one of my first trips to Norway, where I had gone in search of my roots. While doing this research on my family's origins, I came across the runes and was immediately intrigued by them. I felt drawn to them as if they were a part of me. Whether it is a cultural connection or one is simply drawn to them because of their mystery, runes and their secrets can be a precious resource for anyone.

Runes are an ancient alphabet used by the Norse people of northern Europe. They were used in creating magical spells and writing—although their use as a written language was largely phased out by the Middle Ages. The runes were used for both practical and magical purposes. They were carved into wood, stone, metal, and bone to inscribe various messages, including personal messages such as love letters or memorials, civic inscriptions such as laws or property rights, or religious messages such as prayers and charms. The runes were also used to cast spells (known as *galdr*) or perform rituals to invoke spirits or deities for protection or healing.

Despite their ancient origins, the runes are still relevant today because they are symbols and instruments that let us connect to the cosmos' energy and better explore life's mysteries. If seen and recognized, these elements are extremely valuable in making choices from a clear point of awareness, which eventually supports many great outcomes. Runes do not answer "yes" or "no" queries; instead, they perfectly mirror your subconscious, constantly mirroring what you already know and inevitably drawing your attention to hidden concerns and motivations. I hope that the runes will help you awaken any latent intuitive powers or other potentials that lie dormant within you.

The most important approach to learning to use runes is to develop a relationship with them and discover how they manifest themselves to you. I

began my journey with the runes by drawing one each morning. I would keep a rune notebook in which I would write every evening, taking notes from various resources on some of the recurring themes revealed by the runes. Then I'd take notes on how that rune appeared to me throughout the day—sometimes they're extremely literal, sometimes very symbolic. This allowed me to notice numerous daily patterns and helped me build my intuition. I invite you to do the same; keep a rune diary ready with this guidebook and make notes at the end of each day, or even during the day, on how you believe that rune appeared to you.

What you have in your hands is a manual based on years of research and experience. To comprehend the runes, we must commit to a constant study of their mysteries while remaining humble enough to acknowledge that we will never fully understand their enormous, strong layers of meaning and complexity, yet interested and determined enough to desire to try.

This guide is intended to be just that: something to help you along on your journey. You'll learn about the runes' history, detailed explanations for each Elder Futhark rune, and its functions in divination and magic. Although there are many useful resources on runes, I hope this book serves as a jumping-off point for you that you'll return to again and again.

Runes are a powerful tool for self-discovery. Make good use of what you will learn in the next few pages!

## Chapter 1

# **RUNES, A JOURNEY THROUGH TIME AND CULTURE**

Runes' origins are shrouded in mystery and frequently ascribed to myths and tales. Experts believe that the runic writing on the Meldorf brooch, which is thought to have been produced in the region of present-day northern Germany, is the earliest. However, some academics disagree on whether these inscriptions are runic or Roman.

Another ancient rune inscription, dating around 160 CE, is undeniably authentic. Inscribed on a Vimose comb from Denmark is a rune that says "*harja*," which could be either warrior or comb. Numerous runic inscriptions dating back to the third century have been discovered on weapons, stones, jewelry, and other objects. Because of the brilliance and delicacy of these expertly done runic inscriptions, scholars estimate that this art flourished at least 100 years before that time.

However, the exact date and timing of the origins of runic alphabets remain unknown. According to experts, they could have Roman, Greek, Italian, or even Danish roots, with Greek topping the argument due to similarities between the two scripts. Surprisingly, the runic alphabets have a mythological genesis in Norse mythology.

Myths and tales are useful for explaining the origins of everything that cannot be precisely identified. You've probably heard of Odin, the principal



god of Norse mythology, who is said to have hung himself on the Tree of Life and stayed there for nine nights and nine days without food or water to obtain the runic alphabets. Some researchers claim that runes can be found in rock engravings dating back to 17000 BCE.

By 500 CE, runic alphabets had spread throughout the Germanic world, including Norway, Denmark, Sweden, Germany, Russia, Hungary, Poland, and England. Several Germanic languages were documented during this time.

From a historical standpoint, runic alphabets were the earliest writing system devised by Germanic and Norse people. Runes served as letters for writing, but they were much more. They were pictographic or ideographic emblems of some cosmic power or principle.

Speaking or writing a rune was thought to be equivalent to evoking the cosmic power or principle it represented. This is the foundation of rune readings and interpretations. Casting runes is a method of eliciting a response from them. The sequence in which they are chosen or aligned symbolizes the answers to your questions.

Each rune's name alludes to its magical and philosophical importance. The name also represents the significance of the rune's tone and visual form. Tiwaz (Tyr in the Viking Age) is the name of a Germanic god who dwelt in the daytime sky. This rune has the appearance of a spear or an arrow pointing upwards. This sign reflects the god's important role in battles and wars. The T-rune was carved as an ideograph to evoke war prayers for victory.

## **The Viking Age**

Let's review the Viking Era before we delve into the deep history of runes. This will set the stage for the remainder of your writing.

Norsemen are widely believed to have engaged in a period of aggressive expansionism, raiding, and plundering known as the Viking Age in Scandinavian history.

The Normans were distantly related to the Vikings who, in the tenth century, were granted medieval overlordship of parts of Northern France, most notably the Duchy of Normandy. The descendants of the Vikings continued to exert influence in the region of northern Europe. Furthermore, the last Anglo-Saxon lord of England, King Harold Godwinson, had Danish forebears. Sweyn Forkbeard ensured the English throne from 1013 to 1014, and his son Cnut the Great ruled England from 1016 to 1035, making them the only two Vikings to ever reach the throne of England.

Geographically, the Viking Age encompassed what is now Denmark, Norway, and Sweden, as well as ancient Germanic lands dominated by the North Germanic language group. This included the Danelaw, which included Scandinavian York as its authoritative center, and the remaining parts of the Kingdom of Northumbria, parts of Mercia, and East Anglia. Free colonies were established in the Shetland, Orkney, and Faroe Islands, Iceland, Greenland, and L'Anse aux Meadows, a temporary town in Newfoundland, about the year 1000, after Viking escorts opened the road to new regions to the north, west, and east.

Since the Greenland colony didn't fully disband until the middle of the fifteenth century due to climate change, it was founded around 980, during the Medieval Warm Period. In 882, the Viking Rurik dynasty established Kiev as the capital of the Kievan Rus', taking over territory previously governed by Slavic and Finno-Ugric peoples in Eastern Europe.

## **A look at the rune core**

Runes are about the ancient technique of extracting symbolic mystery from each rune stave, which was the engraved shape or carving in wood, clay, or stone. Therein is the seeming complexity, elegance, and beauty of runic knowledge.

Most people have difficulty connecting such a nuanced custom with the Vikings, whom they typically think of as harsh, bold, and bloodthirsty traders, colonists, and plunderers. Studying runology and getting to the heart of runes reveals that the Vikings had a strong connection to the Earth, a strong faith in the divine, and a deep respect for the natural cycles. These values are also reflected in the runes they use.

The runes are mentioned in a few places in Nordic mythology. We devote an entire chapter to this topic, but it's also essential to bring it up when talking about where runes came from. Odin, Thor's mythical father, is credited with creating the Runes. He hung from a tree upside down in an effort to gain some sort of divine insight, and that's when he had the idea. It was in this location that he received his insight into the Runes.

Archaeological evidence suggests that the enhancement of runic inscriptions was driven by images discovered on early stone carvings throughout Northern Europe and Scandinavia during the succeeding Bronze Age and early Iron Age. Tacitus, a Roman orator, historian, and author who lived in the first century A.D., describes several forms of divination. These include using runes to interpret the trajectories and songs of birds.

## **Provenance of Runes**

We may now say that the Elder Futhark alphabet was complete by the beginning of the fifth century. Dating back to around 400 A.D., the Swedish runestone known as the Kylver stone bears the first known example of the Elder Futhark runic inscription. All of Elder Futhark's runes are listed here in numerical order: [f] u þ a r k g [w] h n i j p ï z s t b e m l ŋ d o.

The runes share a similar angular shape with the modern English alphabet and other contemporary alphabets of the time. These were all carved from solid blocks of wood or stone; thus, they share a uniform angle and engraving. There are no horizontal strokes because they would be illegible and cause the wood to fracture if used to carve a message on a flat staff or stick. Runic writing is indicative of an ancient writing system due to its



angular letterforms and the fact that it was written from right to left, both of which suggest that the runic alphabet predates written history.

Period I refers to the first four centuries of runic inscriptions, from roughly 150 to 550 AD. It is generally agreed that these are Elder Futhark. The Kylver stone is just one of numerous objects that serve as proof. The European regions of North Germany, Fyn, Sjaelland, Jylland, and Sweden have all produced spearheads and shield mounts with runic inscriptions. The Meldorf fibula isn't the only example of a comb or brooch throughout history.

## **Middle Ages**

The relationship between the sounds represented by the runes and the words assigned to them became somewhat adrift as Proto-Germanic developed into its later language variants. Consequently, to emphasize the changes, each culture would create new runes, rename or somehow improve existing rune names, or abandon the use of preceding runes altogether.

The 600 or so years of phonetic changes in the North Germanic language group don't fully explain why the Younger Futhark has 16 runes and the Elder Futhark has 24. This development may come as a surprise, given that the later letter set came to use less distinct rune signs at the same time. As the language developed, it made use of a greater variety of phonemes than had been available during the time of the more firmly established futhark.

For example, many vowels and voiced and unvoiced consonants converged in the script, while the number of vowels used in spoken language grew. After 1100 AD, the middle age runes eliminated this disadvantage. Again, this increased the variety of signs available to match the linguistic stock of phonemes.

Many runestones, or later-era monuments, have solemn inscriptions describing the lives of those who died in battle or who did other acts of heroism. For a long time, it was thought that this level of fantastic

engraving was what runes were intended for and that their use was linked to a certain cultural group of rune carvers.

About 670 engravings, now known as the Bryggen engravings, were discovered in Bryggen, a harbor in Bergen, in the 1950s. These carvings on bone and wood often resemble sticks of varying lengths. Everyday things like names, addresses, pleas (sometimes in Latin), personal greetings, business letters, declarations of affection, and even the occasional vulgar or immoral utterances were all included in the inscriptions. Due to this finding, it is now commonly accepted that runes were an integral part of daily life, even though they fell out of usage in the modern era.

## **Runic Alphabets**

Next, we'll talk about the various runic alphabets.

### **The Elder Futhark (from 2<sup>nd</sup> to 8<sup>th</sup> century)**

Let's review Elder Futhark's foundations again so we have a solid reference point for future comparisons, even if we've already done so.

The Elder Futhark is a collection of 24 runes with Proto-Norse roots. A typical organization uses a system of three groups of eight, with each group being referred to as a *tt* (Old Norse for "clan" or "group"). The Kylver Stone is the most reliable source for the whole sequential arrangement of the 24 Elder Futhark. It was agreed that each rune should be given a name that reflected how it sounded. Yet the names do not have any inherent connection to the Elder Futhark. Names for the runes in subsequent letter sets are used as a guide by Germanic linguists when recreating Proto-Germanic names. Common sources are rune sonnets and the interconnected names of the Gothic alphabet's individual letters. In this way, the letter *a* derives its name from the runic letter *Ansuz*.

### **Old English runes (from the 5<sup>th</sup> to 11<sup>th</sup> century)**

The futhorc is an expanded version of the Elder Futhark. There were originally 24, but now there are 33. From the year 500 onward, it was probably used. The origins of the Anglo-Saxon Futhorc are debated. Some say it originated in Frisia and then spread to England, while others believe it was introduced to England by Scandinavians, where it was adapted and traded to Frisia. Futhorc engravings can be seen on the Ruthwell Cross, as well as on the Thames scramasax, the Vienna Codex, Cotton Otho B.x (an Anglo-Saxon rune sonnet), and the Vienna Gospels.

### **Marcomannic runes (from 8<sup>th</sup> to 9<sup>th</sup> century)**

This is an obscure set of runes. Elder Futhark and Anglo-Saxon futhorc were combined to create this. This is aptly described in *De Inventione Litterarum*, and it is generally accepted that southern Europeans remnant of the Carolingian Empire (Alemannia, Bavaria). This alphabet has been dubbed the "Marcomannic runes" after the creators of the composition. Despite popular belief, the alphabet was not created by the Marcomanni but rather by Carolingian scholars who attempted to match all the Latin letters with their runic equivalents.

### **Younger Futhark (from 9<sup>th</sup> to 11<sup>th</sup> century)**

The Younger Futhark, also known as Scandinavian Futhark, is a shortened version of the Elder Futhark with only 16 symbols. This decline was tracked by phonetic shifts that occurred when Proto-Norse evolved into Old Norse. They were most likely in use beginning in the 9th century and can be discovered in both Scandinavia and Viking Age communities elsewhere.

Younger Futhark runes can be divided into two groups: long-twig and short-twig. Runes with long twigs have their roots in Denmark, while runes with shorter twigs can be traced to Sweden and Norway. Experts have spent centuries studying ancient runes and noticed clear discrepancies between the two Younger Futhark variants. One major distinction is the runes used in each culture. Legend has it that shorter messages, documents, and

inscriptions on wood were written using twig runes, while longer documents and inscriptions used branch runes.

## **Medieval Runes (from 12<sup>th</sup> to 15<sup>th</sup> century)**

During the Middle Ages, the runic alphabet expanded, and the Younger Futhark was revised. Thus, individual Phonemes were created for each symbol.

Many different rune structures were used in ancient Scandinavian engravings, and some letters, including s, c, and z, were frequently used interchangeably.

Up to the fourteenth century, runes were still in use. The majority of the runic inscriptions from Norway that are currently in museums date back to the medieval ages. Since the 1950s, over 600 engravings using these runes have been discovered in Bergen, mostly on wooden sticks (the supposed Bryggen engravings). This demonstrates that the use of runes and Latin letters coexisted for centuries. Of course, some of the ancient runic carvings are also written in Latin.

## **Dalecarlian runes (from 16<sup>th</sup> to 19<sup>th</sup> century)**

Carl-Gustav Werner is the only person from whom we've learned anything about these runes. "*In the secluded province of Dalarna in Sweden, a blend of runes and Latin characters formed,*" he said. Dalecarlian runes were first used in the middle of the sixteenth century and continued to be used into the early twentieth century. Whether or whether their use was universally customary throughout this time is debatable, as is the extent to which people of the nineteenth and twentieth centuries learned runes from written materials. Elfdalian translation was the primary application of the individual stocks.

## **The Philosophy and Magic of Runes**

Before the advent of Christianity in Europe, the Germanic peoples believed that the spoken word possessed tremendous and often terrifying powers. Word pronunciations were thought to greatly impact and influence human life. When someone says a sentence or word out loud, the impact is irreversible. The words themselves cannot be questioned. It was once thought that words construct our reality.

Interestingly, in his landmark essay "Language," Martin Heidegger, a 20th-century German philosopher, advanced the same ancient thesis. According to Heidegger's research and views, the spoken word or language influences how we perceive and experience things.

He claims that words mirror our vision of the world around us, and we experience and live our lives in ways governed by the language we speak and the words we use. After all, it is true that thinking cannot exist without a language. And it is on this basis that he believes words have inherent divine power, a belief shared by ancient Germanic people as well.

Verbalizing a notion in pre-Christian Germanic societies was the equivalent of making it a part of reality and influencing reality in significant ways, even if done in small doses. As a result, in every language, each rune symbolizes a phoneme or the smallest unit of sound. And it is via writing that this sound is turned into visual form.

Linguists today argue that the relationship between the signified and signifier is arbitrary, implying that there is no underlying connection between the reality of the vocalized concepts (signified) and the signifier (the words or sounds used to vocalize those concepts). Most modern linguists believe this.

Some, however, believe there is a clear connection between the sound of a word (or phoneme or sentence) and its meaning. This is known as

"phonosemantics." This interrelationship leads to the notion that a phoneme bears inherent meaning.

The concept of phonosemantics is akin to the traditional Germanic understanding of runes and runic alphabets. The idea underlying runic alphabets is the belief that words create reality. Runes, which are the pictorial representations of phonemes, translate the sound's inherent magical interpretation into a visual medium.

You already know that the meaning of "runes" is "secret" or "mystery," which represents the phoneme's enigmatic power. It's crucial to remember the Odin narrative that inspired the creation of runes. Only someone as powerful as Odin could have passed on the "secret power" of runes to humanity. He not only went nine days and nine nights without food or water, but he was also willing to sacrifice himself to learn everything there is to know about runes. The runes and runic alphabets are likely to have absorbed the force of this fabled penance.

The concept of phonosemantics is taken to a new level with runes. The meaningful connection between a phoneme's sound and meaning extends to its visual manifestation. The relationship between a runic alphabet and its visual representation is inherently meaningful.

As a result, runes were utilized for communicating between humans via spoken and written language and connecting with higher powers in the universe. The idea of runes' power to communicate with beings beyond the human realm is the foundation of their use in magic and divination.

Carving runes was the primary means of determining a person's "fate." Weaving runic alphabets into fabric was also commonly employed for this purpose. One of the pre-Christian Germanic peoples' main concerns was that magic had the potential to alter or influence the course of fate. When this was combined with the power of runes and their ability to link with entities in higher realms, it brought enormous value to employing runes in magic.



Thus, rune reading and interpretation entailed providing potent possibilities to improve the fortunes of searchers who knocked on the doors of rune readers. Here's an amazing narrative about runes and magic from "Egil's Saga," an epic story about the life of Egill Skallagrmsson's clan, an Icelandic Viking farmer and skald (a Scandinavian term for a composer and reciter of poems and stories). The story goes as follows:

Egil once stopped and ate at a farmer's house while traveling the Viking path. The farmer's daughter was very ill, and no one could treat her, so the farmer sought Egil's help. Egil examined the sick girl's bed and discovered a whalebone with runic carvings on it.

According to Egil, the whalebone and the runic runes were the sources of the girl's illness. The carvings were done by the illiterate and ignorant son of a local farmer, whose grasp of runes was mediocre at best. Egil burned the whalebone after scratching off the inscriptions. Egil carves a separate runic inscription on a different medium to counteract the girl's ailment, and she is cured as a result.

It is apparent that the ancient northern Europeans understood the significance of runes, their symbols, and their functions. Multiple literary texts and inscriptions from the period indicate that runes were frequently utilized for stupid and wicked ends, both intentionally and unintentionally. Regardless of their intended purpose, ancient northern Europeans recognized the magical properties of runes and runic inscriptions.

Reading this chapter lets you get a sense of the depth and complexity of runic lore and history. The most important fact about runes is that they predate both you and me. They provide a way to apply the wisdom from the past to the present. In the following chapters, we'll see how much rune casting has evolved throughout the years.

With their stoic fortitude and vast information store, the Vikings had no qualms about using runic practice to explore dimensions beyond their comprehension. Nonetheless, we'd like you to know that the core of runes, which we've been trying to interpret in this chapter, hasn't changed much

throughout the centuries. Even today, you can perform a rune reading to gain insight into the mystical world and use the gods' direction to guide your choices and your life.

Now that we have some idea of where runes came from, we can move on to a more advanced study of them.

## Chapter 2

# **NORSE MYTHOLOGY AND THE POWER OF RUNES**

The runic alphabet was first employed by Proto-Germanic tribes to write down and record numerous mythological themes. Runes were not simply letters from which to form words and sentences. They served a much deeper, magical purpose. Each runic alphabet represented a divine concept or power, and runes were used to call on that force. The order in which the runes appeared was deliberate and conscious of the called power.

As previously established, runes and mythology are inextricably related. Runes were used for more than just writing in prehistoric times. Instead, they were a means of communication with the gods, the ultimate gateway to heavenly knowledge.

As a result, runes, runic writing, and runic interpretation are recurring motifs in many mythical stories, most notably Norse mythology.

The Old Norse tribes believed that the runes they utilized had divine origins and were one of the few ways to invoke or communicate with the gods. Indeed, it might be argued that the notion that runes have power that extends beyond the worldly realm originated here.

Like Biblical or Quranic scriptures, runes were sent down from heaven to the Germanic peoples. Let's discuss mythology before we go into the how,

what, when, and where of Runes in Mythology. It's a bit of a detour, but I'm sure you'll like it as much as we did! So, let's get started.

## **The Norse Mythology**

Norse mythology is founded on the pagan beliefs and folklore of the ancient North Germanic tribes; Neopagan adherents of Norse religions such as Heathenry incorporate these mythological notions into their theological canon. Unfortunately, there are few documented examples of Norse myth and folklore, and most of what is known today has been passed down through oral tradition. Two key sources, the Prose Edda and Poetic Edda provide insight into Norse mythology.

### **The Poetic Edda**

The Poetic Edda is a collection of mythological poetry composed anonymously. The Poetic Edda, which dates back to the Viking Age, recounts different stories and folktales concerning Norse Mythology's gods and goddesses. Some believe the infamous text was written by the ancient Norse priest Saemundr the Learned, while others disagree.

### **The Prose Edda**

Similarly, the Prose Edda is a compilation of mythical stories composed about the 13th century by an ancient author named Snorri Sturluson. The books are separated into three periods of Norse mythology: Gylfaginning, Skáldskaparmál, and Háttatal. These epochs depict the lives of Norse kings, gods, goddesses, and other supernatural beings. The Prose Edda and the Poetic Edda form the Codex Regius. The Codex Regius is a collection of 29 poetry and folktales about Norse mythology. Unfortunately, much of the Codex has been lost throughout the centuries, with only a few pages remaining.

## **Gods and Goddesses**

Let us now examine more closely the gods and mysterious beings who populate the pages of these ancient writings!

The universe is divided into nine realms in Norse mythology. These nine worlds are all centered on Yggdrasil, an old all-powerful tree. Yggdrasil spans all nine worlds, and its people are interesting. Ratatoskr, for example, conveys messages up and down the holy tree and throughout the nine planets. The Norns also live at one of the tree's roots. The Norns are the Norse equivalent of the Fates of Greek mythology. The Norns predict the future and frequently bring bad news to fabled heroes.

Let us begin with Odin, the all-father of Norse mythology and the god of gods.

### **Odin**

Odin is the most powerful god in all of creation. He is the deity of combat, poetry, and magic. Odin is also the gods' monarch, akin to Zeus in Greek mythology. Frigg's husband is Odin. Frigg, among other things, is the goddess of motherhood and love. Odin is depicted as a kind, powerful, patriarchal character. All pagan Norse worshippers regard him as their spiritual father.

Odin is related to hundreds of names and traits. He is also the father of several other notable gods, including Baldr and Thor. Odin seeks knowledge in mythology through many quests and exploits. For example, he is the creator of the new world after slaying the demon Ymir and bestowing life on the first mortals, Ask and Embla. Odin, like Freyja, is blind to the afterlife. When warriors die in battle, they go to Odin's realm of Valhalla or Freyja's realm of Fólkvangr.

Did you know that Odin, the deity of the Norse gods, inspired Santa Claus in part? Odin, legend has it, flew over the world on his eight-footed steed Sleipnir, delivering gifts to everyone. Of course, Saint Nicholas had an undeniable influence on Santa, but many critics have used the Odin connection to add further layers to the popular household story. We could go on and on about the Allfather of Aesir, but before we do, let's go on to his lovely, foretelling wife, Frigg.

## **Frigg**

Frigg is the goddess of prophecy, marriage, motherhood, and love. Frigg's most powerful ability is prophecy. She has the ability to predict the future and provide both good and bad news. Frigg is Odin's wife, and they share two sons: the deity Baldr and his twin Hod. According to the Poetic Edda, Baldr dies. In mythology, Frigg is seen as a prophet and devoted maternal figure.

Frigg inspired the sixth day of the week, "Friday," which is an interesting fact about her. The ancient Germanics first referred to Friday as "Frigg's Day." Many people believe that Friday was inspired by the goddess Freyja, but it is actually Frigg's day!

## **Baldr**

Baldr is the deity of purity and light and the son of Odin and Frigg. Baldr's death is possibly the most well-known story about him.

According to legend, Baldr begins to have terrifying visions about his demise. This naturally concerns Frigg, who tours the earth, taking promises from every entity not to harm her beloved son. Frigg, on the other hand, overlooked one thing: mistletoe. Loki, the devious deity, disguises himself and asks Frigg if anything in the universe may harm Baldr. She speaks to him about mistletoe. Loki then makes a dart from the seemingly harmless herb mistletoe. Because the gods thought Baldr was indestructible, they devised a game where they threw items at him for amusement. Loki gives



the mistletoe dart to Hod, who is blind, while the gods are playing. Hod flings the dart at Baldr, killing him without thinking.

Hod is killed by Vali, the son of Odin and the goddess Rind. Vali is born and reared in a single day with the intention of avenging Baldr's death.

## **Thor**

You've probably heard of this god if you've seen any of the multibillion-dollar Marvel movie franchises. Thor is similar to Norse mythology: heroic, loyal, strong, and unyielding. Thor is Odin's son and the thunder deity. He also holds Mjölnir, an all-powerful, super-heavy hammer that only he can pick up! Thor slays jötnar, otherworldly beings who can be both the gods' allies and enemies but don't worry. He exclusively kills his adversaries.

Thor's death is described in a poem in the Poetic Edda Völuspá. Norse mythology regularly refers to a coming conflict between gods, many of whom would perish. This conflict is commonly known as "Ragnarok." Thor will combat a monstrous serpent during Ragnarok, and after defeating the beast, Thor will take only nine steps before dying. The cosmos will be reconstructed after Ragnarok, including the human realm, with a new pair of humans endowed with life.

Here's an intriguing fact: "Thursday," the fifth day of the week, has Norse origins and is derived from "Thor's Day"!

## **Loki**

We can guarantee that the mythological Loki is not as endearing as the gorgeous Tom Hiddleston portrays him in the movies. Loki is the son of Laufey and Fárbauti, two goddesses and jötnars. Among his many offspring are the serpent Jörmungandr, the wolf Fenrir, and the underworld goddess Hel.

Loki is the mischievous god, sometimes known as the "trickster" god. He's unpredictable, which makes him one of the most intriguing and entertaining characters in Norse mythology. Loki can shape-shift and alter his mind frequently. He is occasionally on the side of the gods. On other occasions, he murders their son with a mistletoe dart.

## **Freyja**

Freyja is a member of the "Vanir" gods, representing health, fertility, and the ability to predict the future. She is the goddess of beauty and war. She has a twin brother named Freyr and a cat-powered chariot. Because of their similar names and traits, Freyja and Frigg are frequently confused, and many critics contend that they are the same goddess.

## **Freyr**

Freyr is Freyja's twin brother and the Vanir deity of virility, sacred kingship, and peace. Freyr also denotes good fortune and pleasant weather. Freyr is riding a boar created by a dwarf named Gullinbursti. The marriage of Freyr to Jotnar is a well-known story about him and the reason for his death. Freyr falls madly in love with Gerr and plans to marry her. However, he must give up his sword to do so. Later, during the Ragnarok war, Freyr is killed in battle with Surtr, a fire jotun, since he lacks his weapon.

## **The Nine Worlds**

As previously mentioned, the tree Yggdrasil is the home of the nine worlds or kingdoms in Norse mythology. Muspelheim, Niflheim, Asgard, Midgard, Vanaheim, Jotunheim, Alfheim, Svartalfheim, and Helheim are among the Nine Worlds known as "Nu Heimar." The branches of Yggdrasil connect all of the planets. For example, among the Yggdrasil branches lies a rainbow bridge called Bifrost. Let's talk about the nine worlds and what each has to offer!

## **Asgard**

Asgard is the most well-known of the nine realms in Germanic cosmology, and you've probably heard of it. The Aesir live in Asgard, and the Aesir are a pantheon of gods led by the Allfather Odin. According to legend, the Aesir and another group of gods known as the Vanir fought against each other. Then, hostages were exchanged, and peace was declared between the realms. Odin's wife and many children are in Asgard, as is Valhalla, Odin's hall of dead warriors.

## **Alfheim**

The elves call Alfheim home. It is solely home to the light elves in some versions. But the more widely accepted belief is that all elves reside in Alfheim. The elves are supernatural beings who engage in magic, music, and the arts. Alfheim is ruled by the god Freyr.

## **Helheim**

The underworld is ruled by Loki's daughter, the goddess Hel. Because of her parentage, Hel rules over Helheim. Odin directed Loki's children to live in locations where they would not cause problems. As a result, Hel was given control of the underworld. Helheim is highly inaccessible, with only one gate leading to it - at the base of Yggdrasil. The gate is guarded by a river of weaponry and is reached by a lengthy, twisting path known as Helveg. Helheim, as opposed to the halls of the dead ruled by Odin and Freyja, is the home of souls that died of diseases or old age. After being killed by Hod (and Loki), the deity Baldr goes to Helheim in a questionable turn of events.

## **Jotunheim**

Jotunheim is the home of the giants and frost giants. Jotunheim is a dangerous realm full of hostile giants. This region is connected with turmoil and unforeseen perils arising from the giants' wilderness. Loki, the

mischievous deity, is from Jotunheim. But he lives in Asgard, which is perhaps too much for Loki. Jotunheim is unpredictable, and it is separated from the other worlds by the river Iving, which never freezes.

## **Midgard**

Midgard is where we call home. Mortals, or people, live in Midgard. Midgard was founded by Ask and Embla, from whom all other humans descended. According to legend, the gods Odin, Vili, and Ve stumbled across two trees while traveling by the lake. The first humans were fashioned from two trees, Ash and Elm. Ask comes from the ash tree, and Embla comes from the elm tree. The rainbow bridge Bifrost connects Asgard and Midgard.

## **Muspelheim**

Surtr, the fire giant, rules the world of Muspelheim. Surtr is said to rise from the realm at Ragnarok and defeat all the gods. Some critics suggest that Muspelheim is an entity rather than a country, with Muspel being the fire giant who heralds the end of days.

## **Svartalfheim**

Svartalfheim is where the dwarves live. This realm is located below, far beneath Midgard. Svartalfheim is a dark, pit-like realm illuminated solely by forge fires. Dwarves practice magic and are skilled craftspeople (or crafts-dwarves). Odin's infamous spear, Freyr's pocket-ship (a ship that folds up and fits in his pocket), and Thor's legendary hammer, Mjolnir, were all built by the dwarves.

## **Niflheim**

One of the two ancient realms is Niflheim (the other is Muspelheim). Niflheim is the ice and snow world. No being, supernatural or otherwise, occupies Niflheim.

## **Vanaheim**

Vanaheim is home to the Vanir, the other pantheon of gods besides the Aesir. Vanir gods like Freyr and Freyja reside in Asgard. This is because, during the Aesir-Vanir conflict, a peace pact was signed in which prisoners from each realm were exchanged. Vanaheim is a lovely land brimming with light and fertility. As a result, the Vanir gods are all related to fertility and pleasant weather in some way.

These nine kingdoms will coexist peacefully (well, semi-peacefully) until Ragnarok, the end of days. Ragnarok kills many prominent gods, including Thor and Odin. After Ragnarok, the world, including Midgard, will need to be recreated, with a new human pair to populate the realm.

## **About Runes**

Norse mythology is also the source of Runes, this book's focus. So, let's get started with the mythology that started it all.

This story is based on a poem called Hávamál from the old Poetic Edda. I discussed it in chapter one, but let's take a closer look at it now. Hávamál is a story that tells how Odin came to learn about the ancient Runes. The poem is written from Odin's point of view, and the events of the lines are referred to as an "offering from myself to myself."

Let's go back in time to before humans existed on the planet! The runes, according to legend, came from the Well of Urd. Yggdrasil emerges from the Well of Urd; therefore, it's a rather important well. The Well of Urd is a bottomless expanse containing the universe's deepest mysteries and wisdom. The Well also gave birth to the Norns, who carve runes into the trunk of Yggdrasil to reveal fate. They carve profound symbols that are more than letters etched into a tree trunk. Remember, these are supernatural people who emerged from a magical well and carved magical symbols into a tree trunk that houses the nine realms. Once etched, the runes transmit

their magic into the nine worlds, influencing every turn of fate to fit the message. Needless to say, this is a major event.

Now Odin, the most powerful of the Aesir, watches the Norns, and something stirs inside him. Envy for their power and curiosity for their secrets. He begins to ponder how he can uncover the mysteries of the Runes and gain ultimate knowledge at all hours of the day and night. Remember that Odin adores knowledge. In fact, he sacrificed one of his eyes to attain greater knowledge.

There is only one requirement for understanding the Runes, and it appears to be pretty simple: you must prove yourself worthy. Odin considers how he can demonstrate his worthiness of the Runes' boundless ancient knowledge and is inspired by an idea.

Odin, the legendary seeker of knowledge, pierces his own spear and hangs upside down from the ancient tree Yggdrasil. He calls out to the Runes and waits, his head facing the depths of the Well of Urd. Odin hung upside down for nine days and nights between the thin purgatory that separated the living from the dead. Onlookers tried to help, offering the Allfather of Aesir a sip of water or some relief from his pain, but Odin refused. Odin barred the gods from helping him and persisted. If you ask us, he followed the idiom "hang in there." His efforts were not in vain since wisdom struck on the ninth night. In the end, Odin's calls were answered by the runes, revealing their wisdom to him.

The wisdom of the runes, how to translate them, and their limitless secrets were disclosed. Odin's newfound understanding allowed him to become one of the most powerful beings on the nine planets. Odin exclaimed with his newfound wisdom:

*"Then I was fertilized and became wise; I truly grew and thrived. From a word to a word, I was led to a word; From a work to a work, I was led to a work."*



Odin then chanted runes to heal his wounds and comfort his pains. Among other things, the mantras he learned would enable him to conquer his opponents, neutralize their weapons, extinguish raging fires, and restore dead heroes in combat. To put it mildly, Odin became unbeatable and invincible.

As a result, Odin offers a sacrifice like a hero in an epic poem. He is a heroic being who goes through self-inflicted agony to achieve a better goal. Part of him dies while suspended upside down among the Yggdrasil branches, and part of him is revived once the runes reply to his offering. When you think about it, Odin's sacrifice is unique and unparalleled. A god presenting a god to another god (a bit of a tongue twister, but you get the idea - it's a huge thing).

The runes are magical letters with infinite power and potential. If correctly understood and executed, they can assist you in harnessing the incredible potential of the natural world. The runes arose as alphabets that could be combined into chants to perform various rites and wonders.

The Vikings began employing the runic alphabet to perform rituals due to these mythological retellings. Before the Latin alphabet, alpha, beta, and so on, the runes were employed to record information, primarily pagan inscriptions. As far back as the first century. The German tribes utilized runes to mark graves, pay homage to gods and fallen heroes, ward off evil spirits, and revere nature. Runes can be used to cast protection spells, charms, and success spells, among other things.

Isn't Norse mythology intriguing? I'm sure you enjoy it as much as I do! We could go into greater detail, but it would take longer than Odin took to uncover the ancient runes. The runes have a long history and mythology, connecting them to the gods and goddesses who came before humanity. Odin, the Allfather of the Aesir, created the Runic alphabet through his labor and suffering. Whether you believe in mythology or not, the lore surrounding the runes gives them an otherworldly, supernatural aura.

Even today, there is a magical undertone to runes that no one can deny. What could be more divine than assisting people in better understanding themselves? Who knows whether the mythological significance of runes is justified or not? However, one thing is certain: they still have immense power, and when utilized wisely, they can change the direction of your life! So, their place in mythology can be understood and enjoyed.

## Chapter 3

# THE ELDER FUTHARK - FREYR'S AETT

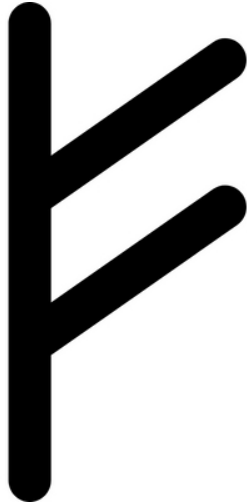
The Elder Futhark's 24 symbols are arranged into three groups of eight runes. Freyr's Aett, Heimdall's Aett, and Tyr's Aett are the names of the components. The word aett means "family." These groupings tell the story of life's different cycles. Let's take a closer look at them.

This first set of runes, known as Freyr's Aett, represents the material world. It reflects our physical base and the accumulation of possessions. As a result, this family has runes representing livestock (considered prosperity at the time), physical vitality, vigor, and communication.

Freyr (the son of Njord, the sea god) was the Norse deity of rain, fertility, sunshine, and peace. The Freyr's Aett are made up of the eight runes listed below:

### **Fehu**

This is the first Elder Futhark rune, pronounced fey-hoo, representing wealth and prosperity in terms of winning lotteries and earning a solid living. Prosperity, abundance, hope, and luck are all associated with Fehu.



Choosing the Fehu rune may indicate that the seeker will have financial prosperity, good fortune, and abundance.

Interestingly, rune casters will sometimes read the runes in their reverse meaning, known as "merkstave." This is a personal choice that is strongly tied to the rune caster's intuitive powers. In such instances, Fehu could represent the loss of riches and income, unfavorable experiences in the sphere of self-esteem, or other material-

world difficulties.

The inverse interpretation could also imply that you should slow down or forsake your plans entirely. Otherwise, you risk being disappointed or making poor decisions. Another approach to interpret Fehu's inverted meaning is as a hint to return to the drawing board. Rearrange some components of the plan, develop better financial techniques (if necessary), reassess your goals, or simply take a little break for self-care.

Fehu urges us to be grateful for what we have and to express our gratitude by giving to those who are less fortunate. Fehu rules over the following aspects of our lives:

- Fehu is known as the sending rune because it controls power projection and energy transfer.
- It assists us in attracting gravity into our personal space.
- It governs significant shifting and transformative aspects of our existence. It fosters social and personal development.
- It contributes to increased success and monetary richness in our personal lives.

- It serves as a monitoring tool to assist us in making conscious new beginnings.

Fehu is also known as the "rune of luck." In this context, luck is distinct from chance. In our lives, luck is a delicate and hidden field of energy, but it exists and may be harnessed. Our wealth and prosperity are built on the collected energy of luck. Fehu oversees the ability to employ this natural area of "luck" for divination and magical purposes.

When we use the Fehu rune as a guide, wealth can function extremely effectively for us. Nevertheless, it is a reminder that money and wealth should only be spent on the most fundamental human life demands, such as food, clothing, housing, and modest assets required for our protection.

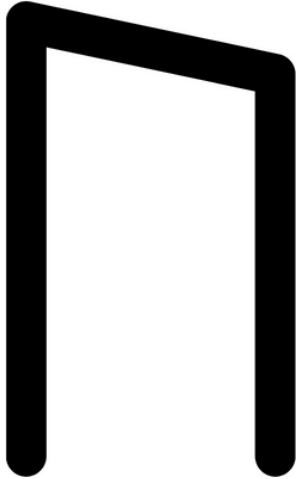
Fehu reminds us that wealth and prosperity aren't about reckless extravagance. Rather than chasing after transient worldly desires, Fehu invites us to realign the meaning of riches in our lives and uncover what truly matters to each of us.

Fehu energizes your will and determination by motivating you to start new endeavors. It enhances your self-esteem and allows you to set goals while protecting you from a procrastinating mindset. It encourages you to think for yourself, trust your instincts, and live in the present moment.

## **Uruz**

The sign for this rune, pronounced oo-rooze, is a wild ox respected for its strength and might. On the other hand, wild oxen were untamed and savage, their lethal horns expressing terror and uncertainty.

Endurance, strength, hard labor, motivation, perseverance, and resolve are all represented by the Uruz rune. It also represents strength and greater power. If you come across this rune among your selections, it could represent a period of great energy, health, and speed. It could also serve as a



reminder to persevere and find the strength to keep going in the face of seemingly insurmountable challenges and obstacles. It could indicate that you should be cautious, especially in your reactions and responses, and use your power for the benefit of everybody.

The inverse meaning represents a loss of health and stamina. The seeker (if you are performing the divination for someone else) may experience a reduction in stamina and physical strength during this time. The ability to exert authority over others may produce unintended consequences.

The inverse interpretation may be that you, or the seeker, ignored or missed an opportunity because of a lack of self-confidence or resolve. This interpretation should serve as a reminder to you to find a method to reclaim your power and strength and to stop holding yourself back.

Uruz has the following keywords: endurance, strength, courage, untapped potential, unexpected, sudden transformations, and physical health. Uruz is in charge of the following areas of our lives:

- The Uruz stimulates your willpower and inspiration, allowing favorable events to enter your life.
- It supports self-healing and the maintenance of total physical and mental wellness.
- Another significant characteristic governed by this rune is personal space, freedom, and independence. It assists you in developing an assertive mindset.



- The rune gives you the determination to persevere against all circumstances and perform your best in life.
- It governs our ability to manage our aggressive nature, learn self-discipline, and accept responsibility for our actions and life.
- It also influences the numerous rites of passage in your life, particularly as you enter maturity.

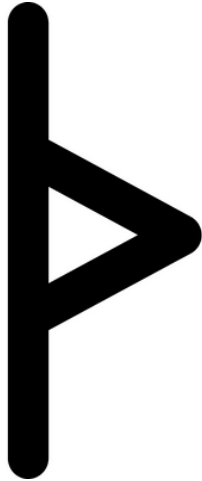
Uruz reminds us of our ability to tame. It is a rune that depicts our unconscious strength and energy to shape and reshape things and circumstances to our liking. This energy's force necessitates intelligent guidance lest it destroys all as it manifests itself. Uruz serves as a reminder that cattle were previously considered wild animals (recall Fehu represents cattle and Uruz represents wild ox).

The Uruz rune warns us that the uncontrolled power of creativity and progress is not without peril, and we must be mindful of these dangers as we learn to manifest this energy. Whoever consumes this energy is to blame for its volatility. It represents one's domain, independence, and assertiveness.

The Uruz rune's meaning indirectly contains our ability to persevere against all difficulties and employ our limitless resources to survive and prosper. Uruz's energy pattern supports our ego and protects us from trauma. It is the self-healing rune. Uruz represents humanity's longing to live freely and passionately.

## **Thurisaz**

Danger, defense, caution, protection, purging, observing, and challenge are terms connected with this rune, which is pronounced: "thoo-ree-sahz." It is a representation of Thor's hammer or a giant.



Thurisaz represents tremendous energy that can be employed for destruction, defense, or even battle. This rune suggests using intelligence, wisdom, and insight to choose safety and prudence over hasty action. If this rune is chosen, it may signify that it is time for catharsis through cleansing and purgative practices.

If you choose this rune, it may serve as a reminder to be cautious of what is going on around you. It warns you to be cautious and to carefully consider every move you make. This method will assist you in avoiding being wounded or disappointed.

Thurisaz is the rune that governs the following aspects of our lives: Thurisaz's inverse meaning could be defenselessness, spite, betrayal, or compulsion. It could also suggest that you are denying your existing position. It could also mean the following:

- The reawakening of our will to act.
- The ability to use the power of both the left and right brains to develop an improved awareness of ourselves and our surroundings.
- Elimination of foes, curses, binds, and hindrances.
- Removing obstructions and tearing down obstacles in the body, mind, and spirit.
- Strength and prowess in romantic relationships.
- Making use of psychic abilities.
- The ability to recognize separation and division in all things.

Thurisaz is described as a sharp, deadly thorn that can wreak havoc. But keep in mind that it also represents Thor's hammer, a protective sign. Thor defended Asgard from invading giants and thurses who sought to control the spread of awareness across the multiverses.

Thurisaz, like Thor, represents bravery, liberty, and the ultimate physical combat might. Similarly, Thurisaz is hostile to all types of ignorance, brutal aggression, and unconsciousness. This rune depicts the warrior who takes a stance and fights back against these oppressive elements.

Thurisaz can also be associated with fertility in the sense of energies that break down rocks to generate soft, fertile soil in which fruit-bearing trees and crops can be grown. The greatest method to get the most out of this rune is to accept energy wholeheartedly while avoiding wrath or fear. Enthusiasm will aid in directing the vast energy of this rune in fruitful and safe directions.

The Thurisaz rune denotes energies that oppose restraint and control. The human consciousness developed from an earlier unconscious condition and is always struggling to reestablish itself. We shall succumb to the risks of entropy unless we actively endeavor to live our lives to the fullest.

Thurisaz, like Thor, walks a fine line between aggressive and protective behavior. It urges us not to start a quarrel if at all possible. But if you must do it, make sure you are the one who completes it.

## **Ansuz**

This rune, pronounced ahn-sooze, represents visions, signs, and disclosures. It is a communication rune that represents Odin. If you came upon Ansuz, it could indicate that a divine insight or message is on its way. This could be sound advice, discovering a hidden truth, enthusiasm, or wisdom.



The Ansuz rune tells us to pay attention and detect synchronicity in our surroundings and various items such as clouds, numbers, music, phrases, animal spirits, etc. Acquiring this rune while looking for aid or advice on new employment implies that good things are on the way.

Some say the Ansuz rune represents Yggdrasil and is the essence of our universe, signifying the spirituality of the entire universe. It tells us that the universe is all around us, both inside and outside of us.

It could also signify misinterpretation, miscommunication, manipulation, misconceptions, and deception. It could also refer to deception. It is a warning to take extra precautions not to misinterpret symbols and signs displayed to you since your vision may be impaired. It can also serve as a reminder to devote more time to connect with yourself and your faith. Ansuz can represent the following:

- All powers pertaining to conceptualizing and naming
- The ability to use hypnosis and suggestion, magnetic and convincing articulation skills, and speaking and writing abilities.
- The energy associated with heavenly communication, rapture, and creative insight.
- Relationships and networking
- Reasoning, analysis, and counseling/advice
- Paying attention to one's inner voice.

The breath of life, mental activity, and the senses associated with forming speech and intellect are considered Odin's earliest blessings or gifts to humans. The Ansuz rune's fundamental energy induces a joyful mental state and inspiration. Ansuz is the basic energy form inherent in our minds, allowing us to work with and detect patterns creatively. This rune is known as the rune of the ancestral royal power of the mind's consciousness.

Breathing methods are central to almost all kinds of meditation across civilizations. Our spirit is thought to enter the human body when a newborn baby breathes its first breath, leaving our body when we die. As a result, breath is the osmotic point between the physical human world and the universe's energy.

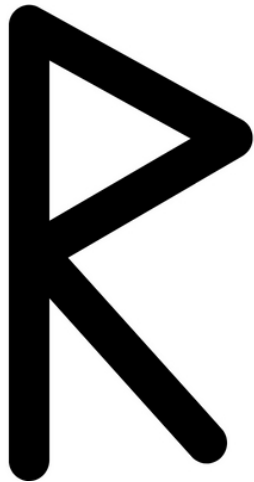
Thurisaz represents untamed energy, whereas Ansuz represents order and structure. In ancient rituals, naming something was a technique to eliminate evil spirits, demons, and psychic binds. Giving anything a name basically gives you influence over it, and Ansuz rules over this element of our life.

Ansuz represents the never-ending patterns that reoccur in nature, which is what current chaos theory asserts: "order in chaos exists in every universal system." In addition, new language theories uncover a secret order concealed in chaotic linguistics.

Because all speech may be decoded from this chaos, Ansuz is also the rune of speech and communication. The strength of this rune is shattered when we utilize our articulation and communication skills to manipulate and control. Propaganda and misdirection infiltrate, causing confusion in the minds of those who orchestrate such events. This leads to hypocrisy, which degrades the aura of those involved. It is preferable when your thoughts and actions are guided by honesty.

## **Raidho**

The Raidho rune, pronounced "rai-though," represents mobility, advancement, perspective, perceiving the big view, and evolution. It could



represent a voyage across the physical or spiritual realms. If this rune is chosen, it may represent an impending move or a spiritual journey to broaden the seeker's spiritual horizons.

If you are planning a physical journey, choosing this rune is a positive omen, and your journey will most likely be a memorable one. Try to make spiritual improvement. However, you must take extra precautions to make the proper decision, be

adaptable and flexible to unforeseen changes, and focus on the journey rather than the goal.

Other meanings of this rune include the reappearance of old pals or reconnecting with people with whom you formed a spiritual connection in a previous life. The wheel signifies the changing seasons and serves as a reminder that seasons can be as plentiful as spring or as harsh and severe as winter.

The same is true for our life. We are responsible for accepting these ups and downs and living our lives to the best of our abilities. It could signify that it is time to put things into perspective. It could represent advancement, development, or any part of one's life cycle.

Raidho could also represent injustice, rigidity, disturbance, and insanity. If you are embarking on a physical journey, the reversed interpretation may indicate that there may be delays or challenges ahead. Plans may go awry. However, remember that difficulties and challenges are only doors to fresh chances and valuable lessons. As a result, you must keep an open mind and absorb everything that comes your way.

From a spiritual standpoint, the reversed connotation may represent stagnation and restriction on your spiritual path. And you must put in extra

effort to go through these difficult moments to emerge stronger than before. The Raidho rune is in charge of the following:

- Staying in the current moment.
- Staying within our natural boundaries.
- Connecting with our "inner compass" and listening to our hearts.
- Taking the initiative and exercising mastery and control over conditions and circumstances.
- Wisely mixing worldly and personal rhythms and distinguishing between natural and "good" things.
- Protection while traveling.
- Establishing creative rhythms in all activities.
- Making decisions and taking action.

The Raidho rune reminds us to set a good example and that actions speak louder than words. It symbolizes the orderly movement of energy in time and space and is related to human awareness. Ansuz is the rune of speech and communication and hence "tells" stories, whereas Raidho "lives" them.

You can use the Raidho rune to become more aware of where your daily activities are taking you and whether or not it is where you want to go. It represents the most intimate aspect of our personal journey, which cannot be expressed through conventional methods of communication. Remember that we all have an inner compass that can be used to activate this rune.

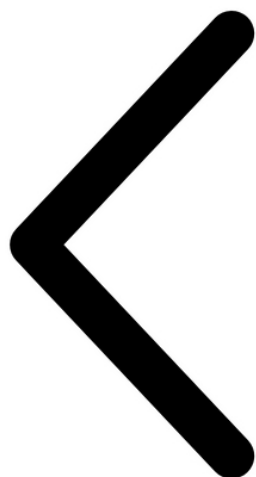
When you pursue your deepest desires, wishes, interests, and passions, you are following your inner compass. When you meditate with the Raidho

rune, you will begin to recognize your own reality rather than what others impose on you. When this occurs, you will be able to accurately assess your genuine potential and limitations.

Raidho advises that to be fully grounded in the present, we must go away from our past experiences and concerns. Raidho is an essential component of our energy, whether we are on a physical or spiritual journey. Raidho's ability to focus our attention on the present moment allows it to reveal hidden hurdles and problems on our route ahead of time, allowing us to prepare for them and continue on our journey.

Raidho teaches us to respect both the rights of others and our own, avoiding any unnecessary overlap. It denotes royalty and dignity, which are characteristics that we do not always inherit but rather cultivate and achieve over time.

## **Kenaz**



This rune's keywords are fire, torch, openings, understanding, enlightenment, creativity, energy, inspiration, renewal, and knowledge. It is a truth light and stands for flame or torch. It implies that the seeker will most likely find their true path by using their own bright light.

Kenaz represents the end of darkness and the beginning of the light of creativity and energy. It is a sign that you are in harmonious tune with the cosmos and that you are on your way forward after overcoming trials and barriers.

Kenaz's advice has enormous potential to help you recognize fresh opportunities and forge your way forward. It foretells that hidden secrets



will be revealed and that the seeker is on the right track to discovering their true mission or life purpose.

Kenaz's inverted connotation may signify that the seeker is stuck in a creative rut, instability, or false hope. It could be a sign of a lack of light and creativity. You could be stuck in a rut where your intuitive abilities are waning. It could also represent the end of a job, a friendship, a connection, or a set of intentions.

The inverse interpretation indicates that it is time to take a step back and reassess your priorities. Before committing to anything or anyone, go back to the drawing board to develop your decision-making abilities. The Kenaz rune rules over:

- Enlightenment and wisdom on the path to self-discovery and interpersonal connections
- Our ability to probe deep and cross boundaries in search of truth and knowledge.
- A desire to learn and be creatively inspired.
- Empowering and fortifying our power in all learning and information acquisition areas.
- Bringing to light hidden factors that impede our learning through disclosures, thoughts, and fresh information.
- Our inner illumination and knowledge.
- Secrets of female occultism.

Kenaz represents the control and harnessing of fire for its warmth and understanding. It reminds us that there are powers greater than we can

comprehend. Thurisaz signifies the tools of creation, whereas Kenaz represents the skillful application of these tools. This rune represents our innate transformational capacity to create things in the same way that nature does.

Kenaz also tells us that we must carry our ancestors' flame forward, blazing a light trail for others to follow. These torches, which take the shape of ancestral knowledge and wisdom, never go out and can be used as navigation instruments when we are lost. The light and knowledge sent by these beacons are likewise ours to employ for our purposes in this life.

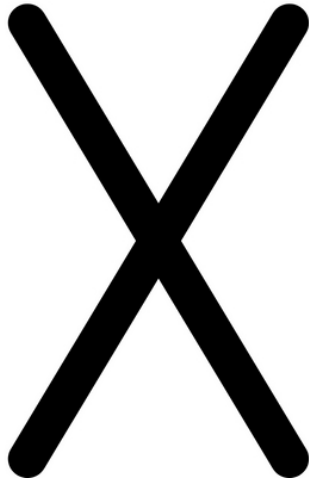
The Kenaz rune, interestingly, exemplifies the modern scientific technique of researching and seeking knowledge. Kenaz can be compared to a light-filled library, symbolizing the unlimited ability to learn and gather knowledge. Kenaz also regulates intuition, which is an inherent element of our knowledge.

Obtaining knowledge frequently necessitates extensive research. Kenaz also represents knowledge acquisition rather than knowledge itself. It does not symbolize the truth but rather the pursuit of it.

It is a good opportunity to remind ourselves that learning necessitates humility and that no modest student would ever outperform the teacher if this component of their nature is lacking. As a result, Kenaz opposes all forms of elitism, authoritarianism, and arrogance. Everyone should have free access to information and education.

## **Gebo**

This rune, pronounced gay-boh, represents gifts, generosity, and unity. Gebo symbolizes balance and harmony through self-sacrifice, charity, forgiveness, and the link between the donor and the recipient, hence a sacred unity.



It is a favorable symbol that indicates the seeker of divination is gifted or destined to receive numerous benefits and gifts in some form or another. Gebo is also associated with happy partnerships, equilibrium, and giving. It also does not have a reversal.

However, it could indicate that you should take a step back and reconsider your position. Are you giving so freely that people take advantage of you, or are you withholding more than you should? Gebo's

keywords include gifts, relationships, and generosity. Gebo has authority over the following:

- Sexual gratification and libido
- Understanding and appreciating the actual meaning of gift-giving and gift-receiving
- Sacred marriage and mystical bonding between partners
- Giving from the bottom of our hearts, including self-giving
- Taking an oath, favors, duties, contracts, and debt (which is a natural outcome of giving and receiving)
- Balance in sibling and romantic relationships

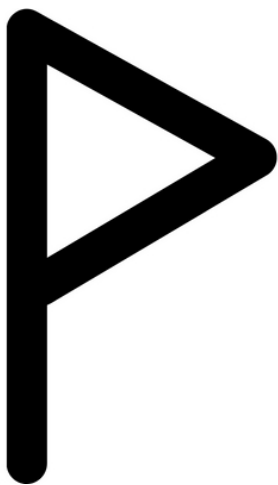
Gebo is a rune associated with numerous folklore stories. Because the X in X-mas is thought to represent this rune, the Christmas season is all about giving. Gebo tells us that gift-giving is a very meaningful activity symbolized by a king's ring, representing the king's ability to share his power with his followers and subjects.

We all have various levels and types of energies within us. Some of us have more of one sort of energy than others, and still, others have less of all types of energy. The Gebo rune represents sharing our powers with others to attain equality in this world. The ageless adage that you will receive whatever you give is embedded in the Gebo rune. It is an ancient expression for the modern concept of "what goes around comes around."

We pay the price for everything if we pay close attention to our life. We lose or forfeit something for every gain. Acceptance and offering are inextricably linked concepts. Odin, who "offered himself to Himself" to learn the mystery of runes, is a typical Norse example of this type of sacrifice.

Gebo, Inguz (representing self-sacrifice), and Ehwaz (representing sacred marriages and mystical unity) are all intertwined. Gebo is also inextricably linked to the interchange of sexual energy between men and women. It rules over the profound mystical union of male and feminine energy.

## Wunjo



This rune, pronounced woon-yo, means pleasure, joy, celebration, feasting, and comfort. It represents the clan flag and represents victory, joy, triumph, safety, and belonging. Wunjo can also be related to wealth, harmony, and spiritual blessings.

The literal meaning of Wunjo is joy, which suggests that you must let go of your ego to be in harmony with the energy and power of the universe. It denotes mindfulness or being fully present in the present moment at all times. Wunjo is inextricably linked to the law of attraction. You attract what you want.

Wunjo is a reminder to change your mindset from negative to positive to repel negativity and attract happiness. If you are perpetually negative, you will attract unhappiness and sorrow. When you are upbeat and grateful, you attract happiness and joy. It is also an excellent omen for all types of relationships, especially romantic ones.

The opposite connotation denotes isolation, sadness, and loss. You may be experiencing anxiety, stress, and difficulties in your life. If you choose Wunjo, it could indicate that you are delaying the commencement of any new negotiations, agreements, etc. This is a bad time for you (or the seeker who has come to you for divination help). It is also possible that your ability to recognize alternate, helpful options has been diminished, leaving you angry and bitter. Wunjo is in charge of the following parts of our lives:

- Strengths, linkages, relationships, and connections
- It removes discord, sentiments, and other alienation features that impede trust development.
- It encourages harmony and fellowship.
- It helps you realize the world's myriad interconnections.
- It motivates willpower and persistence in the pursuit of joy and happiness.
- It enables you to see the genuine approach to studying and understanding the law of attraction.

Wunjo can repel evil, allowing the richness of the universe to find its way to you. This rune awakens you so you can discover your soul's ultimate purpose in this life and motivates you to strive for perfect consciousness. Wunjo signifies the harmonious energies in any group environment, such as families, communities, societies, countries, and the entire world.

Wunjo is the "loving" spirit that cleanses an angry warrior's hatred. This rune represents the innate desire in all of us to love unreservedly. It integrates energy into one, resulting in a total greater than the sum of individual forces. Wunjo urges us to align our will with the will of the group to which we belong, beginning with our family and progressing via community, society, country, and, finally, the world.

Mistrust is fueled by alienation and disharmony, both tragically common nowadays. Wunjo spreads love. Wunjo also governs "the art of accurate desiring," which is important.

Every one of us has aspirations and needs related to our life purpose. Many of us, intentionally or unintentionally, seek and desire things that are contrary to our life purpose. In fact, the modern world is engulfed in the "trending" vortex. We like or want something because celebrities and social media influencers enjoy and promote it. This "herd mentality" leads us away from our uniqueness and originality. The Wunjo rune aids us in making the right wishes, ensuring that we attract the right things in life that are linked with our unique life purpose.

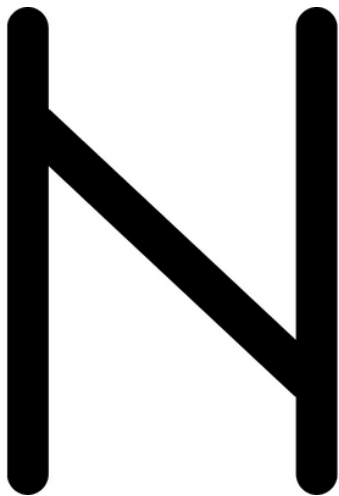
In short, Freyr's Aett is about enjoying life fully even while we strive to comprehend the universe's deep, mystical, and secret aspects. Only when we are physically strong and confident can we seek to ascend to higher levels of consciousness. The runes of Freyr Aett symbolize self-expression, self-love, and gaining joy and fulfillment through meaningful and harmonious interactions and connections.

## Chapter 4

# THE ELDER FUTHARK - HEIMDALL'S AETT

The second set of runes, Heimdall's Aett, represents development and maturity. It has runes that signify fate, harvest/abundance, difficulties, trials, etc. Heimdall was the gods' watchman or guardian. These are the eight runes that fall into this category:

### Hagalaz



This rune, pronounced haw-gaw-lawa, means hail, and its keywords are natural fury, devastation, test, and uncontrolled powers. Hail symbolizes the destructive strength of natural forces, which can hit without warning and devastate crops. As a result, this rune foretells potentially catastrophic changes. It denotes an uncontrollable source of energy.

Hagalaz signifies impending uncontrollable changes such as natural calamities, illness, complications that come to teach us lessons, and so on. You cannot control these characteristics to achieve your intended results. These seemingly

insurmountable obstacles may drive you on a different path or keep you safe from a larger threat. Indeed, the more destructive force, the more significant your existence will become.

Hagalaz is a symbol that you must use discipline and control while pursuing your goal. Almost every ideology believes that storms (or cataclysmic changes) clear the path to the other side, where our efforts will be rewarded. How we accept and welcome change determines how well we weather this storm.

To grow and develop, we must learn from our mistakes. As a result, Hagalaz teaches us to learn from our trials and tribulations. There is no reverse connotation for this rune. Hagalaz is in charge of the following areas of our lives:

- The balance of power, completion, totality, and the integration of shadow elements in our unconscious minds for the eventual conscious understanding of what lies there.
- The process of evolution and the path of becoming.
- Fate and destiny's inevitability and inescapability.
- Attempting to achieve a flawless pattern.
- Protection through the eradication and exorcism of discordant patterns.
- Making others uncomfortable and difficult by making them aware of the nasty thoughts that lurk in their subconscious brains.

The Hagalaz rune marks a significant shift in energies as the runes go from Freyr's Aett to Heimdall's Aett. As a result, it is a rune for objectively confronting old experiences and habits to bring about improvements and positive changes. Hagalaz aids in the discovery of massive flows and patterns of energies that surround human energy systems. Hagalaz is a



completely impersonal rune whose sole purpose is to direct us toward energy beyond our human domain and ability.

As it falls on you, the stinging of hail is so intense that it gravely affects you. The eventual melting of the ice into water shows transformational seeds growing. Hailing was described as a grain by ancient wise men rather than ice crystals. Hail was a metaphor for a greater reality to existence than the physical, materialistic truth that our five senses could perceive. The sharp sting of hail symbolizes the concept that spiritual enlightenment frequently follows a catastrophic disaster.

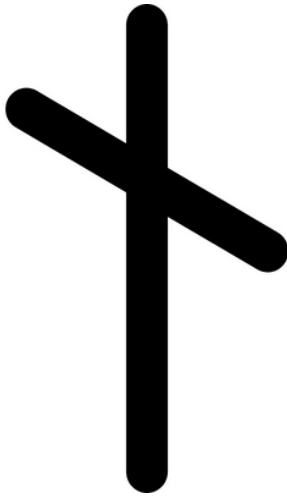
Hagalaz is the ninth rune, and the number nine is significant in Norse culture. The number nine represents the completeness of a perfect pattern. The gestation time for a fetus in the mother's womb is nine months, representing protection. As a result, Hagalaz is also a protective rune, representing refuge and patience as we wait for the inevitable bad times in our lives to pass.

Because of its ability to reveal the shadow aspects in our subconscious and unconscious minds, Hagalaz is an excellent exorcism technique. This rune aids in the removal of these dark aspects, allowing us to go forward in our life after being cleaned of impurities. We also feel lighter when we eliminate the excess baggage we've been lugging around.

Hagalaz can also be used to curse someone positively. The "curse" would cause challenges, bringing up repressed shadow components in their lives, allowing them to see things more clearly. These "cleaning curses" are frequently utilized as a cathartic cleansing process for buried and evil aspects.

Hagalaz's energy is regarded as a dark, feminine energy and is frequently associated with harmful female sorcery and witchcraft. However, you now understand that this rune is much more than that.

## Nauthiz



Needs, conflicts, constraints, survival, and resistance are the keywords of the 10th rune in the Elder Futhark. If you choose this rune, it may suggest a period of stagnation and setbacks. You (or the seeker) may face barriers and hurdles that impede your progress. During this time, keeping your temper and ego in check is critical.

Nauthiz also represents a period of introspection and reflection. Nauthiz represents our needs and leads us on a journey of self-discovery when we answer the following "need" questions:

- What do I require for emotional stability and fulfillment?
- Is my life's balance in order?
- Am I receiving adequate work, play, and rest?

When we assess our needs, we successfully analyze our existing position, which aids us in planning for the future. We learn to supplement what we currently lack. After all, if we don't take care of ourselves, we can't help people who rely on us. Patience and self-care are essential for getting through this phase.

Nauthiz also represents constraints, endurance, and delays. It denotes a period of patience, restraint from overindulgence, or a dangerous desire for more than is required. Nauthiz's inverse connotation denotes depression, distress, and poverty. Nauthiz rules:

- Overcoming worry and distress

- Strengthening your magical will
- Acceptance of the unchangeable and uncontrolled
- Recognizing, comprehending, and appreciating the "resistance" element in the creative process
- Recognizing and safeguarding your requirements
- Applying innovative thinking to issue-solving
- It functions as a "love potion" and is a fantastic instrument for attracting your lover/soulmate.

Science has proven beyond a shadow of a doubt that every action has an equal and opposite reaction. The Nauthiz rune indicates both the might and the importance of resistance. In the absence of opposition, everything will crumble. The rune reflects the belief that newly expanded consciousness comes from the resistance of unconscious forces working against evolution. Evolution would not occur if resistance did not exist.

Nauthiz is built on the secrets of our needs. Unfortunately, we frequently lack the ability to discriminate between our requirements and desires. As a result, this rune protects us from ourselves by assisting us in distinguishing between the two. However, Nauthiz's lessons are neither as harsh nor as painful as Hagalaz's.

Nauthiz encourages us to apply our common sense, which is becoming increasingly uncommon in the present world as excessive and unrealistic demands and ideals eclipse our genuine needs and perceptions. Nauthiz clears the air and provides us the confidence to do what needs to be done in a difficult situation.

In reality, humans are terrified of their own needs! Yes, we are afraid that we will not be able to fulfill them and that the power of our needs will

overpower us. The discovery of fire is an intriguing analogy for this predicament. The desire for fire prompted humans to find this necessary element. However, we dread the might of fire and are constantly attempting to balance our needs with the elemental power that fulfills this need. Nauthiz is an excellent example of this balancing.

## Isa



This rune, pronounced ee-sah, represented frozen water and winter. It stands for ice and represents a period of waiting and pausing. It could also suggest that we are trapped in ice and that to break free; we must pause, analyze our current circumstances, and put things into perspective. Waiting is not only good but also necessary for the following reasons:

- Gathering all important information required to make sound decisions
- Listening to all sides of the story
- To conduct extensive research
- Or, on occasion, simply waiting for the cosmos to do its thing

Isa can also represent irritation and mental blockages. Isa tells us that seasons change and that better times await those who wait patiently. It's a good time to learn new skills, study to expand your knowledge, or simply meditate and connect with your inner self. This rune's keywords include delay, suspension, frustration, and stillness. There is no inverse connotation for Isa. Isa is in charge of the following elements:

- Improvement of focus, will, and concentration
- Incorporation of our ego into the multiverse system
- Concentration of the will on single-minded action
- Self-defense against obstructive and undesired influences
- Power and control over destructive spirits as well as our emotions

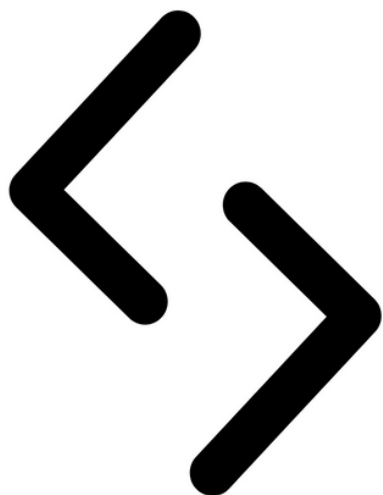
Ice is both stunning and dangerous. It can lull a traveler into a deep sleep, resulting in calm and unexpected encounters with invisible perils. Ice has the ability to trap life beneath its surface. The force of a slow-moving glacier may rip apart anything in its path.

The danger of ice lies in its undetectable weak areas, which might swallow us whole into a bottomless pit in an instant while leaving no trace. To grasp the hidden potential of ice, consider an iceberg. Nearly 90% of an iceberg is submerged and can sever even the largest ships. Isa depicts another brutal reality that can ruin us through the meaning of ice.

Isa is a control rune. Our concept of self or ego expands as we spiritually and intellectually train ourselves, resulting in an individualized sense of YOU or I. This ego expansion has a dark side, just like the dark and lethal side of the ice. Suppose we do not manage our egos appropriately. In that case, it can spiral into an uncontrollable spiral of self-aggrandizement and endless cravings, leading us into a trap of illusory splendor and glitter and away from actual spiritual enlightenment. Isa serves as a warning to stay away from this dark and terrible trap.

Although Isa's energy can alleviate emotional distress, it cannot identify the source of the disturbance. However, it is extremely beneficial to achieve stillness of presence. Isa, at its most basic, is a component of our physical world. It can slow down and harden the energy of fire.

## Jera



This rune, pronounced yair-ah, represents the harvest and symbolizes a period of harvesting the crop of the seeds we have sown. It represents a moment when you can experience abundant abundance. Even though you believe you have not received any benefits, Jera, in a rune reading, implies the possibility of receiving an elusive breakthrough. Jera can also represent marriage or pregnancy.

Jera is an abbreviation for the Wheel of the Year, which constantly changes, bringing on one season after another. It serves as a reminder that reaching goals takes time, and we must wait for the proper moment to reap the benefits of our efforts. When we plant a seed, we do not instantly reap its benefits. We must water it, nourish it, and protect it from harm while it harnesses its intrinsic potential to grow into a majestic tree that will serve us in the future.

It also denotes a time to reflect on your blessings and express gratitude. Jera also represents Mother Nature's cyclical nature. There are no reversals of meaning. Conclusion, year, life cycle, and harvest are the keywords. Jera rules:

- Connection to the soil, creativity, and fertility
- Recognizing the cyclical nature of everything in this world and utilizing the power of periods and times
- Prosperity, abundance, and peace
- Initiating long-term improvements in our life gradually

- Bringing ideas from higher levels into the earthly world

In ancient times, the crops harvested in the summer provided nourishment for the winter, while the seeds from the harvest provided the crop for the following summer. This agricultural cycle (a necessary component of survival) was an essential part of life. It offered an essential life lesson: "although focusing on cultivation in the present moment is critical, sensible planning and strategy for the future are as important."

The seasonal cycle was not so much linked to time as it was to how the land breathed and lived, and that notion is embedded in the Jera rune. This rune also includes the rhythms of sunrise, day, dusk, and night and the cycles of sleep and waking hours.

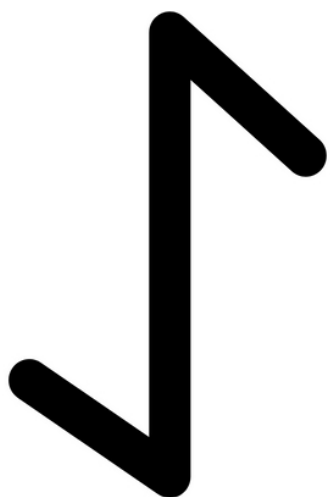
Jera represents steadfast vigor. It is progressive but relentless and entirely unconcerned about human involvement and interference. Jera's energy is slow and steady, similar to how nature marches on, and does not bring about sudden and surprising changes. The lesson for us is to make little, incremental adjustments with diligence and discipline to improve ourselves and our lives. These slow-moving events may not seem significant on their own, but they can have a huge influence when added together.

Jera represents patience and slow movement in harmony with nature's movement and life's natural ups and downs. Your life will be abundant if you embrace this technique of aligning yourself with nature. The cyclical references found in the earth and astronomical areas hold significant mysteries that can only be revealed when your movement is in sync with the cycles.

Jera represents the age-old proverb, "This, too, shall pass." This rune's energy can help you understand the intricacies of time and appreciate the need to manage time wisely and productively. Most of us work more efficiently when faced with deadlines that push us to grow and evolve beyond our current skills.

Jera is also the rune for timing things correctly and capitalizing on ups and downs. Jera's energy can miraculously speed up or slow things down for you. The Jera rune represents the ultimate result of our previous acts manifesting in the future. If you don't plant a seed, plan your goals, or have a goal to reach, your future will reflect your current attitude.

## **Eihwaz**



This rune represents the Yew tree and is pronounced ee-wahz or ay-waz. In Norse mythology, the Yew tree is considered Yggdrasil, or the Tree of Life, bestowing magical power to Eihwaz.

The Yew Tree is an evergreen tree that can live for hundreds of years. When it dies, a new tree grows from within its disintegrating trunk, similar to how a phoenix rises from its own ashes.

As a result, this rune represents the life cycle. It also symbolizes dependability, enlightenment, trustworthiness, and a feeling of purpose. It also represents rejuvenation, life and death, transformations, and enlightenment.

The meaning of Eihwaz should not be taken literally but rather as a season of transition, a new beginning, and rejuvenation. It could imply giving up old habits, limiting relationships, leaving old employment for new ones, and so on. It also suggests that you are ready to let go of aspects of your personality that no longer serve you.

The key is to try to adjust to challenging situations even if you disagree with what is going on in your life. Continue, but with caution. Even if it appears difficult, you must act now to avoid bad conditions in the future.



Eihwaz's inverse connotation denotes confusion and ruin. Inspiration, survival, sacred wisdom, and endurance are crucial phrases. Eihwaz rules:

- Entrance into the world of the Tree of Life (Yggdrasil)
- A spiritual vision
- Spiritual endurance, recognizing that this is not an easy path to take
- The absence of the fear of death
- Interaction between our world and higher planes of consciousness

Eihwaz marks the beginning of the second half of Elder Futhark's 24-rune cycle. Jera is the horizontal axis, and Eihwaz is the vertical axis. This rune also represents the human backbone's vigor and verticality. Surprisingly, the spine (excluding the pelvic area) has 24 vertebrae.

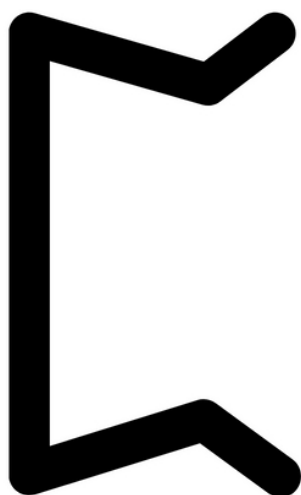
If you've heard of Kundalini yoga, an old Indian belief, you'll know that the Kundalini Shakti (or energy) that naturally sits and lies dormant in the tailbone area (known as the root chakra) is propelled up the spinal cord through various exercises until it reaches the top of the head (referred to as the crown chakra). This results in the practitioner achieving cosmic consciousness. These spiritual beliefs from radically different corners of the world highlight the universe's fundamental interconnection.

The yew needle is poisonous and can injure the central nervous system, which is mostly controlled by our spine. The yew tree is associated with immortality and the mysteries of life and death. Death, paradoxically, is regarded as the entrance into the realities of life. To die before you truly die is the beginning of full comprehension. Near-death experiences are referred to as such in modern psychology. People who have gone through this find out what they truly desire in life, and when they return to this world, they are frequently forever changed and unlike who they were before.

The above explanation reveals that fear of death is a significant limiting factor that keeps us from reaching our full potential for a liberated body and mind. The Eihwaz rune shows you fragments or the entirety of your past existence (sometimes). You are able to view your prior deaths, which helps you comprehend that death is simply a portal to a different stage. As a result, you are no longer afraid of death.

To converse with the dead and the underworld, Eihwaz is invoked. This is something that only experienced rune readers can do. As a beginner, all you need to know is that this rune can be used for that purpose. You could continue this activity once you've learned enough rune-reading skills.

## **Perthro**



This rune is pronounced pear-throw and is known as the gambler's rune. It represents dice or fortune, secret, mystery, hidden information, and divination. Perthro represents the cup or vessel used to draw lots and is clearly visible in the symbol that resembles a dice cup. This rune symbolizes the saying, "If life gives you lemons, make lemonade."

This rune indicates that not all of the necessary information has been provided to us. It could also be taken as a person keeping a secret from you. This unknown knowledge could be either positive or detrimental. If you choose this rune, it is a warning to be mindful and open to receiving all information that the universe wishes to convey to you.

It also depicts the idea that life is a game of chance and can go any way. Perthro's message is that we must learn to accept what life has dealt us and make the best of it. This rune symbolizes that it is time to reconnect with

our higher selves by meditation, spending more time outside in nature, or following our spiritual path.

Mysteries, fate, the occult, and feminine fertility are the keywords. The curve of this rune is also thought to reflect the womb; hence it represents fertility and birth.

The inverse meaning denotes doubt and stagnation. It may signal that it is time to take a vacation from divination work. Another reversal of meaning could be a warning of an impending bad discovery or announcement. The reversed interpretation of this rune could signify that it is time to reveal your secrets to others, just as it reflects some secrets being hidden from you. These secrets were most likely causing you to worry and have anxiety, and giving them up will improve your general mental health.

Depending on the context or setting, this rune could represent disappointments and challenges in sexual and fertility-related issues. Perthro is in charge of the following parts of our lives:

- Changing the relationship between cause and effect
- Reliance on chance and changes in likelihood
- Using runic powers to influence Nordic laws
- Creating favorable conditions and situations
- Gambling, chance, divination, and the skill of guessing

The exact meaning of the word "Perthro" continues to puzzle researchers and specialists, although many believe that "lot cup" is a suitable translation. Perthro's "unknown" or "nameless" aspect corresponds to its meaning.

An ancient warrior's "lot cup" was a dice box. Before going into war, they drew lots from this cup to determine their fate. This rune suggests that a big chunk of our lives relies heavily on the element of chance or luck. While reading this rune, keep the reliance on chance in mind so that you can differentiate the parameters that constitute this "chance" element.

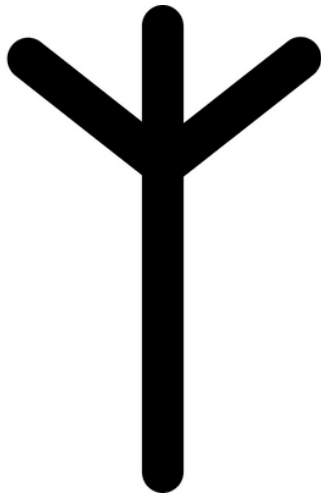
Perthro deals with such enigmas as chance and luck. When you cast runes, it is no coincidence that particular runes are chosen. This "random" choice is also influenced by awareness clues of underlying patterns in your subconscious and unconscious minds.

While some of your readings of the Perthro rune may come from "learned" information accumulated over years of study, a substantial chunk comes from your own intuitive power, and it is less dependent on formal "how-to-read" procedures. This situation is ideally connected with Perthro since you are dealing with fundamental mysteries of the cosmos, the knowledge and interpretation of which is completely dependent on chance and luck.

Perthro is a prophetic rune because it aids in the birth of a new concept into your environment. It heightens your awareness of the factors working against the idea's manifestation and clears the way for a clear prophecy. The capacity to recognize and understand coincidences and déjà vu sensations is crucial in deciphering the messages contained in this rune.

## **Algiz**

This rune, pronounced al-geez, represents security and defense of your house or sanctuary. It also indicates your intuition's enlightenment and empowerment. Guardian, protection, courage, and awakening are the keywords. If you find this rune, it implies you have the internal power to make your wishes and desires come true. It also signifies that your spirit guides help and protect you along the way. Algiz functions as a shield to keep you safe from evil.



The Algiz rune symbolizes that you are secure from all dangers and threats, but you must also be cautious and watchful. This rune is a potent tool for defending your physical environment from hostile forces. It reminds us that planning and proactive acts are the only ways to create nearly impenetrable defensive protection mechanisms for ourselves and our loved ones.

Algiz's inverse meaning denotes hidden danger. It could also mean you are too relaxed and need to be more awake and vigilant. It serves as a reminder to manage tension and anxiety, which can cloud your vision and impair your judgment. It also emphasizes the significance of slowing down and devoting more time to self-care on physical, emotional, and spiritual levels to maintain clarity. Algiz is the ruler:

- The expansion of the realms of personal gravity and chance
- Forces are strengthened via acts of daring and bravery
- Getting rid of the fear of death
- Mystical communication with non-human realm sentient species
- Obtaining information and guidance on the magical potential of runes and rune reading
- Communication with other worlds, with a particular emphasis on Asgard, for defense and protection.

The Algiz rune encourages independence and freedom, as well as the growth of religion. Courage does not imply the absence of fear. It is the

ability to confront fear and defend against threats and dangers. Fear may or may not be a valid warning to defend oneself. Algiz is the rune that provides the required insight into comprehending our concerns for us to make good judgments and actions.

The spiritual energy created by Algiz is so strong that the invoker becomes sacrosanct, protected by divine forces. Meditating on Valkyrie in her different incarnations, such as warrior, swan, and teacher, is a potent method for summoning Algiz's energy.

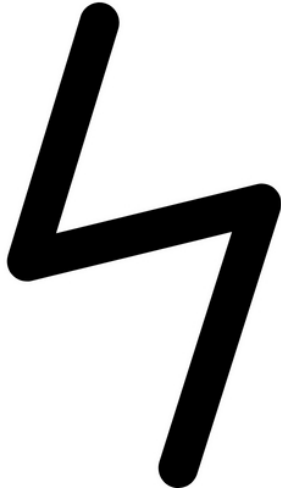
Valkyrie does not condone your wrongdoings and will not assist you in avoiding punishment for them. Instead, you gain the courage and humility to accept the penalty bravely and humbly. Alternatively, the punitive measures may be reduced for you, especially if you are willing to accept responsibility for your acts and are eager to make amends.

When you use this rune, you will most likely encounter numerous archetypes, some nice ones that want to answer your inquiries and some evil or malicious creatures who either don't want to answer your inquiry or are insulted by it. You must be patient with them because you are frequently being tested. Simply be prepared and open to encouraging conversation with all beings to acquire what you need.

## **Sowilo**

This rune represents the sun and is pronounced so-wee-low. Sowilo symbolizes happiness, the sun's healing power, luck, abundance, health, and fortune. It is a moment to rejoice and celebrate the accomplishment of your goals and dreams.

Sowilo is thought to represent feminine energy associated with daylight hours when there is no darkness to obscure our eyesight. If you choose this rune, it means the sun's healing energy surrounds you, and prosperity and good fortune are on their way. However, you must use the energy and



power at your disposal properly to help you achieve your aspirations and goals.

It is necessary to remind ourselves not to get haughty and arrogant with our good fortune but rather to be grateful for all we have received. The words to remember are vitality, success, justice, and inspiration. It has no opposite meaning. Sowilo rules:

- The transformation of ideas into actions
- Increasing the power of your psychic centers
- Bringing your finest values to life
- Increasing your physical and spiritual strength
- Individual willpower leads to success and victory
- Enlightenment provides guidance

Sowilo is the sun rune; hence its counter is ice or Isa. In the physical world, Sowilo signifies the force of fire. It encourages commitment, vitality, perseverance, and optimism. It assists you in warding off negative thoughts and focusing your heart on the task at hand.

The Sowilo rune embodies the ancient code of honor, which includes morality and commonsense standards that go beyond written law but are required to keep a society together. Sowilo forces people to always do the right thing. Sowilo, the rune of success and victory, provides us with the energy we need to succeed. It unveils crucial components of our life's purpose and provides us with the necessary insight, directing us to victory and success.

The second set of runes, Heimdall's Aett, is about shifting away from physical and materialistic behavior patterns and toward building our personalities through adversity. It teaches us that all of life's hardships are necessary lessons for us to grow and enhance our mental, emotional, and spiritual levels. The road to spiritual awareness begins with Heimdall's Aett.

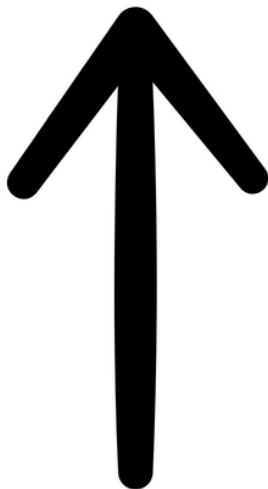


## Chapter 5

# THE ELDER FUTHARK - TYR'S AETT

The third group of runes symbolizes spirituality and heritage, with runes representing the community, birth, intuition, and inheritance. Tyr, the Norse deity of the sky, is associated with conflict and justice.

### Tiwaz



This rune, pronounced tee-wahz, represents tenacity, courage, ethical duty, and male vitality. Tiwaz is the Tyr arrowhead and depicts spiritual warriors. It denotes your capacity to navigate all of your problems and challenges and emerge successful. It represents leadership abilities, logic, and authority.

When the Tiwza is chosen, it might represent victory, recognizing your true strengths and a willingness to sacrifice.

Tiwaz suggests that you dare to make personal sacrifices for the benefit of others or the greater good. It's time to go deep within your soul and take action. It is a call to be firm and to keep your ego in check. Tiwaz's

buzzwords are logic, leadership, honor, and victory. The inverse connotation denotes discord, over-analysis, a lack of emotion, and creative blockages. It could also imply cowardice and a lack of motivation.

It suggests that you are feeling overwhelmed by your life's challenges and obstacles. Another meaning is that you are allowing your ego to control you and are acting swiftly and foolishly. Tiwaz rules:

- Obtaining success and victory in legal proceedings and wars
- The formation of sound judgment
- Developing spiritual will
- Increasing the strength of faith in religion and magic
- The strength of positive self-sacrifice

Tiwaz is a warrior rune named after Tyr, the one-handed Norse deity of law and justice. Tyr is tied to the North Star, around which the fixed stars revolve. Polaris was utilized for navigation by sailors in ancient times. Tiwaz's upward-pointing arrow emblem is thought to represent this relationship.

The sign reflects the universe's positive order and structure as seen via our own moral compass and through law and justice. When the cosmic governing principles awaken our consciousness, chaos becomes order. Tyr sacrificed his one hand, according to an amazing anecdote.

Fenrir, the enormous, strong, and wicked wolf of Norse mythology, once escaped from his enslavement. Chaining him again was a difficult chore. Tyr forced his palm into Fenrir's jaws since it was the only way to tether the beast. On the other hand, Fenrir realized that he had become shackled while clutching Tyr's hand in his teeth. In a rage, he chewed the god's hand off, leaving him one-handed.

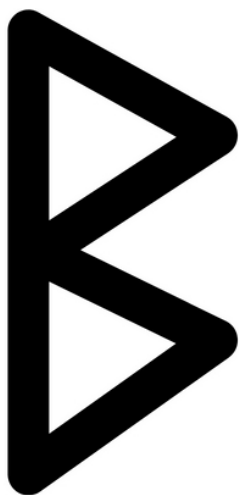
Another fascinating characteristic of Tyr was that he constantly campaigned for peace despite being the god of war. He only fought wars and conflicts when peace talks failed. He frequently utilized his knowledge and influence to put an end to battles. His knowledge was thought to be highly extensive, which he gladly shared with others.

Tiwaz embodies this facet of Tyr. It is all about accumulating prior good actions to achieve triumph. A wise leader understands when to make sacrifices. Tyr's sacrificed hand illustrates this concept. The Tiwaz rune aids in the development of good self-sacrifice for the benefit of others.

Tiwaz balances the scales and guarantees that you receive a fair hearing followed by a fair judgment. It reminds us not to be thrown off by the chaos surrounding us. Instead, we must learn to be calm and faithful to our convictions, assert our case firmly, and have faith in Tiwaz to bring the proper decision and solution.

Tiwaz is a fantastic tool for a noble cause. Tiwaz can be utilized to focus our energies on a specific objective, much like a spear or arrow does.

## **Berkana**



This rune, pronounced bear-kah-nah, represents birth and fresh beginnings. Berkana is associated with the Birch Goddess and is thought to symbolize positive feminine energy. This rune's shape represents Mother Earth's breasts and is a good omen for individuals trying to conceive. Berkana's buzzwords include growth, fertility, new beginnings, and rejuvenation.

This rune signifies the circle of life and is nurturing and kind. It denotes the birth of a new baby and the beginning of

a new connection, relationship, commercial enterprise, or even rebirth. It represents mental and emotional development as well as a regeneration phase.

Anxiety, family problems, loss of control, and carelessness are all signs of the reversed meaning. It could suggest immobility or inaction toward a goal or pregnancy. If you choose this rune, you may experience family strife, with tempers flaring and producing unpleasantness. It urges us not to be concerned about uncontrollable difficulties but rather to be open to new, inventive ideas and to be as productive as possible. Berkana rules:

- The rebirth of the spirit
- Works and activities involving protection and concealment
- Increasing the effectiveness of secrecy
- Containing and keeping the powers together
- Putting creative ideas into action
- The realization of quiet
- Recognizing and enjoying the present moment

Berkana embodies the spirit of birch wood and can provide a secure haven in times of need. The birch tree is the first to blossom and awaken in the spring. Berkana depicts the cycle of birth, death, and rebirth. Berkana is ideal for healing, especially when cleansing, renewal, purification, and regeneration are required.

Berkana is also known as the rune of motherhood since it represents a fertile womb. The womb also represents a secure haven for something that

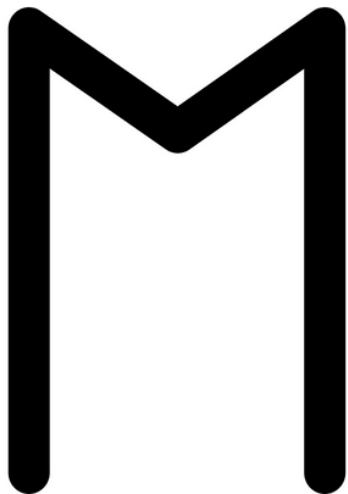
is developing. There is no safer place for us than our mother's womb, and it was a time of complete stillness, secret, and total unconditional reliance.

We knew our mothers would go to any length and take every measure necessary to keep us safe and secure, even if it meant risking their own lives and health. We don't remember that time in our life. However, the memory can be accessed with hard meditation work along with the Berkana rune.

This rune denotes the knowledge, power, spiritual and mental strength, and childbearing and caring offspring of motherhood. Berkana represents the outer kid who looks to their mother for guidance, assistance, and safety. It also represents the unconditional love and trust given by a mother.

Berkana's relationship with secrecy has nothing to do with immorality or evil. It is linked to a power that can be used for good. Berkana refers to the mastery of quiet, which can be employed as a listening and protection mechanism. This life-giving rune is most effective in aiding life, protecting, and healing.

## **Ehwaz**



This rune, pronounced ay-wahz, signifies the horse, a loyal friend and ally of humans and the only way of transportation in ancient times. The Ehwaz rune represents onward progression and a positive change through slow but steady advancement. It can also be used to represent loyalty, teamwork, and trust. It symbolizes the bond between a rider and their horse.

This rune represents the ability to attain any goal via collaboration, harmony, and determination. Movement, advancement, trust, harmony, and loyalty are

crucial terms. It could also be a sign of an impending spiritual or physical trip.

If you've had difficulties trusting someone and drawing the Ehwaz rune, your suspicions may be right. It could, however, serve as a reminder to reassess yourself and the situation at hand before making a decision. The inverse connotation denotes a need for change, which leads to restlessness, disharmony, or mistrust.

The reversal successfully addresses the presence of mistrust. If you plan a trip and draw this rune, it may indicate postponing your trip because you will encounter problems and frustrations along the road. Ehwaz is the ruler of the following:

- The awakening of your inner power
- Increasing speed and agility in everything
- The ability to recognize deception and lying
- The ability to detect concealed cues
- Creating ties and connections with animals

Ehwaz transforms everything into a means of movement and travel. The bond between a horse and its rider represents all healthy partnerships. It is critical to remember that Ehwaz is about cooperation, suggestion, and persuasion rather than coercion. When you use the energy of this rune, you should be able to clear up any confusion regarding who is in charge of a partnership.

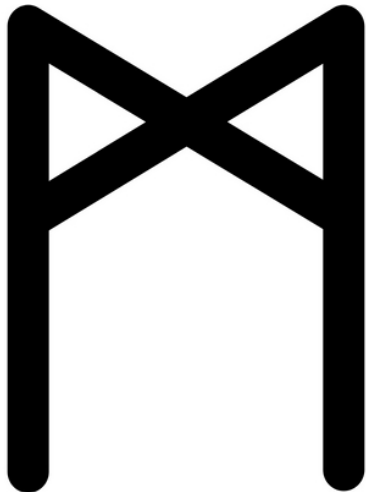
Ehwaz denotes the strength of adaptability, flexibility, and pragmatism. This rune aids in relationship changes and discovering similar activities that partners can perform together to strengthen their love and connection. The

trust and loyalty that a couple creates with the help of the Ehwaz rune grow stronger with each passing day, eventually becoming impenetrably resilient.

Genuine relationships, partnerships, and friendships are formed for their own sake, free of the egos and expectations of the participants. These kinds of partnerships are established by mixing the partners' emotional energies with intellectual sparks.

Ehwaz is specifically associated with bonds formed by partners in legitimate marriages. It binds the two lovers in strong, unbreakable links and brings the perfect partners together. It also refreshes and rejuvenates existing marriages and committed partnerships by re-energizing the couples' thoughts. Because we are all connected to cosmic awareness, it helps us develop meaningful relationships with others.

## **Mannaz**



This rune, pronounced mahn-awz, represents humanity and humans. It encompasses our sense of self, relationships with others, and values. It embodies humanity as a whole, including relevant characteristics like culture, intellect, traditions, common sense, morals, and creative pursuits. Mannaz's main phrases are social order, humanity, community, morality, and connections.

This rune represents societal order and cooperation, reminding us that despite our differences, we share a common existence on Earth. Mannaz encourages unconditional acceptance of all that happens outside and within us. This strategy is wonderful for balancing our body, mind, and spirit, which is vital for spiritual growth.

Isolation, manipulation, and self-delusion are all implied by the inverted connotation. If you choose this rune, it may imply that you are separating yourself from the rest of the world because you believe you are an outcast in society. This circumstance has the potential to lead to sadness and low self-esteem. Another sign is that you have lost touch with your intuition and higher self.

To overcome this, you must take a break and devote time to self-care to heal emotionally and mentally. It is time to refuel and revitalize your batteries. Mannaz is all about:

- Recognizing the divine nature of humanity
- Self-actualization, or realizing our entire potential
- Unlocking the power of the third eye, the portal to higher levels of consciousness
- Improving our memory, mental abilities, and intelligence
- Realizing the full extent of our spiritual and mental capabilities
- Increasing our awareness so that we are one with the creator of the cosmos

We are all born with the potential to communicate with our Higher Self, often known as our soul. A spiritually noble person attempts to grasp life's mysteries and uses these teachings to grow awareness. Even the most adamant atheist is born with a road to enlightenment that they can take at any time.

Norse culture has long believed that every human being has the potential to become a spiritually self-actualized individual and that these individuals are granted a relationship with the gods, not merely a contractual link that guarantees protection and wealth. The relationship implies that spiritually



self-actualized individuals are on par with the gods and that this equal status is a human capability.

Mannaz can be utilized to call on humanity's and the earth's unconscious abilities to help us to spiritual enlightenment. In Norse mythology, Mimir's Well is the repository for all of the universe's records. It contains all information that can provide you with answers to the world's deepest questions. Mimir's Well is a knowledge repository, and Mannaz is its rune.

It is the rune of reason and human wisdom. You can use this rune's power for academic studies, exams, tests, and contests that put your intelligence to the test. When dealing with issues that touch an entire community, civilization, or planet, you can call on the energy of the Mannaz rune. This is especially true when the subject is the human mind.

## **Laguz**



This rune, pronounced la-gooz, represents the water element and is associated with our intuition, dreams, and emotions. It represents psychic ability, the healing force of rebirth and rejuvenation, and enhanced imagination. It can also represent secrets, mysteries, the underworld, and the unknown.

This rune represents the cleansing power of flowing water. It represents femininity and all bodies of water, including lakes, rivers, tides, seas, rain, and the water in our bodies. Laguz also urges you to go with the flow, trust your intuition, and adapt to all situations as water does. Intuition, sea, healing, imagination, secrets, and dreams are Laguz's keywords.

This rune tells us to improve our self-discovery and self-awareness, strengthening our psychic talents. After all, everything that manifests in the physical realm stems from our subconscious mind.

Water stagnates when there is no movement or flow, indicating misjudgment, fear, avoidance, and a lack of inventiveness. You can feel stuck professionally, creatively, or spiritually. A helpful way to deal with this problem is to meditate near running water. You can also consider exploring your hobbies and creative interests. Laguz is related to the following parts of your life:

- Interpersonal and transpersonal skills.
- Managing emotions to create your destiny
- An increase in your vitality and life force
- Guidance and assistance with rites of passage and initiatory exams
- Advancement of prophetic insight
- Accessing and utilizing knowledge from other people's unconscious thoughts
- Dreaming abilities, such as astral projection and lucid dreaming

Water, a symbol of invisible and unconscious life energies, is necessary for all life on Earth. The cosmic ocean that holds the past, present, and future is represented by Laguz, which denotes water. The dream state exists beneath the surface of this cosmic ocean, and when it is probed, the unconscious human mind is revealed.

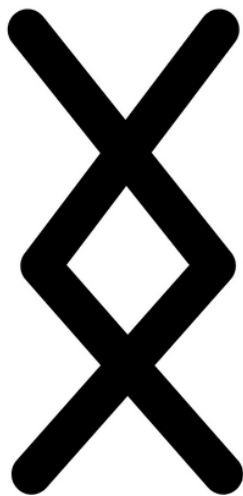
Laguz is present in everything and is the foundation for all physical forms. It is the source of all created life. A rune reader and translator attempts to

develop runic talents by "jumping" into the unconscious forces and harnessing their powers.

Every notion that is introduced into Laguz is sustained and projected. The Laguz rune is related to psychic abilities like clairvoyance and seeing into the future. It is also a rune used to ward off psychic and physical poisons. You can use the energies of this rune to connect your conscious mind with another person's unconscious psyche.

Beginners are unprepared to deal with such potent runic performance. Of course, such activities necessitate a significant amount of experience, which gives age, caution, and wisdom. As a beginner, you might make a note of these elements in your journal for future reference.

## **Ingwaz**



Some call it Inguz (pronounced ing-ooze), while others call it ing-wahz. However, the terms Inguz and Ingwaz are used interchangeably. Ingwaz represents Ing, the Earth god, symbolizing male fertility and potency. Ingwaz also represents common sense, strength, well-being, rest, family, home, and heart, as well as a time for wrapping up loose ends.

Ingwaz is a positive rune that provides good fortune. It represents the joyful spirit connected with spring after a long, dark, and terrible winter. It reminds us that the power of a viable seed is limitless, and it is up to us to harness that force in all facets of our lives.

There is no inverse connotation for Ingwaz. Inner growth, male pregnancy, peace, and virtue are its keywords. Ingwaz is all about the following:

- Keeping and converting power for ritual purposes
- Energy and mental centering through passive meditation
- Energy that has been stored and accumulated
- Any type of inventive but subtle action
- An unexpected burst of energy

Ingwaz is the potential energy that is slowly but continuously and persistently gathered in order to be released in a rapid burst when needed. It represents a mental seed sown by the conscious mind into the unconscious mind to gestate and incubate before manifesting in the physical world. Ingwaz is the male fertility rune, signifying an ancient God-image called Ing. Surprisingly, adding "ing" to any verb conveys continual action.

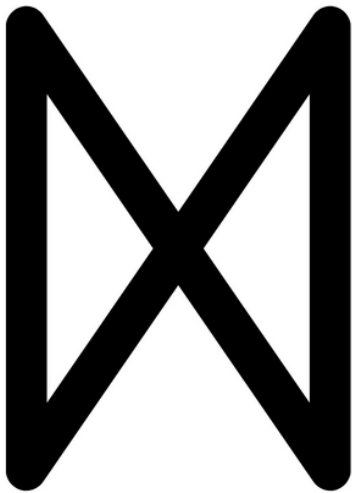
The Ingwaz is a catalyst for the development of the seed, the sacrifice to turn one into another, and the attributes inherited as a result of this metamorphosis. Inguz represents the true meaning of sacrifice since the attributes of the sacrificer are imbued in the recipient. Even the "sacrificer" triumphs!

Warriors were called upon in ancient times to die for a cause to forge a fresh beginning. As a result, dying for anything is associated with the Inguz rune. To give birth to anything new, an old form must be abandoned. This concept has an interesting modern-day counterpart.

Most of us, at least largely, if not totally, live in the past. We must discard or sacrifice previous concepts and ideas to make room for new and more relevant ones. This is easier said than done but using the Inguz rune can help with that. It assists you in "letting go" of the past to live a renewed and better life.

The Ingwaz rune means the unification of our emotional, physical, spiritual, and mental elements, which can lead us to totality and completeness. This is a wonderful time to remember that Berkana is the rune of the outer child (reliant on the mother's nurturing care), and Ingwaz represents the wisdom needed to activate the independent inner child.

## **Dagaz**



This rune, pronounced dah-gaz, stands for dawn. It denotes the conclusion of one cycle and the beginning of another. When the Dagaz rune is chosen, it may indicate the arrival of new beginnings, breakthroughs, awakenings, and awareness. It reflects the transforming power of change, making it an ideal time to embark on new endeavors and adventures.

Dagaz is the ultimate emblem of hope, security, and certainty. There is no inverse meaning. The keywords are awakening, dawn, day, clarity, consciousness, balance, hope, and growth. Dagaz rules:

- Attained mystical wisdom by comprehending the secret of non-duality
- Unification of male and feminine energy into a whole person
- The ability to become invisible or disappear
- Integration of left and right brain components
- Understanding that invisibility is required to access higher consciousness
- Change something into its polar opposite.

- Obtaining Odin's gift of mystical inspiration.

Dagaz might be thought of as Jera's polar opposite. Jera represents incremental change, but Dagaz represents bold, instantaneous transformation. Dagaz is concerned with daily cycles, whereas Jera is concerned with annual cycles. Both signify evolution. Dagaz exudes the aura of satori, a profound spiritual awakening.

This is a rune of hyper-awareness, a state of being that is extremely rare in today's modern society. When someone reaches this condition of being, it signals the start of a global savior's life.

Thousands of studies in the modern psychology field discuss the power of synchronization of the left and right brain. Dagaz can combine the forces of the left and right brains. This rune grants you tremendous power to practice living in the moment and strengthen your present consciousness for future growth and development.

The mysteries of the cosmos are disclosed to your consciousness when you reach a point when all polarities are perfectly balanced. The forces of the Dagaz rune bring to the realization of non-duality. It assists you in finding a center between extreme extremes and maintaining that core without being disturbed by emotional or mental storms.

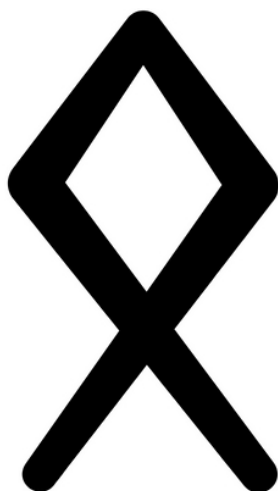
Everything will be balanced at this central point, and non-duality will become apparent to you. All manifestations of diversity in the lower levels vanish, and everything is viewed as one interconnected energy source.

You will recognize that no single point of view can explain this occurrence, and you will cease your efforts to explain it to others. This information cannot be taught and must be gained via experience. Dagaz is the rune to partner with when embarking on this profound trip.

The Dagaz rune is a good guiding companion if you desire absolute calm. This rune decreases the vibrational pattern of the self and the object with its

unseen transforming power, making your experience of the material world pale and feeble. There is nothing to distract you when the material world is missing, and you experience complete calm. It takes tremendous effort and expertise to get to this stage. The Dagaz rune is an excellent companion for this quest.

## Othala



This is the rune of inheritance. It is pronounced "owe-tha-la," and it talks about our spiritual and enduring legacy. It connects us to our ancestors, families, and communities. It denotes our lives being in sync with what is essential to us. It also represents core values and communal well-being.

The Othala rune reminds us that no matter how distant we are from home, we are always connected to our family and ancestors. We are constantly influenced by their ideas, characteristics, ancient knowledge, and practices. Many of these elements are ingrained in us subconsciously. If you choose this rune, it could mean that you need to reach out to your family for support, assistance, and advice.

Othala's meanings are inheritance, legacy, abundance, and spiritual progress. Prejudice and negative karma are indicated by the inverse connotation. Othala is connected to:

- Proper inheritance of ancestral holdings
- Acquisition of riches and property
- Acquiring wisdom and power from ancestors

- A correct concept of global unity
- Advancement to positions of leadership
- Asgard's walls provide protection, safety, and security
- The attainment of Paradise

The runes Othala and Fehu are associated with riches and property. While Fehu represents the material wealth and belongings you obtain as an individual during this lifetime (which are fleeting), Othala represents the long-term prosperity earned by you and your ancestors over generations. Their positions as the final and first runes in the Elder Futhark symbolize the cyclical nature of all things.

It is difficult to trace your ancestors. You must investigate multiple ancestral streams before settling on one or two dominant ones in your genome. What you can do is as follows. First, discover your natural talents and investigate the ancestral line that may have contributed to these innate abilities.

Virtuous deeds and skills of previous generations accumulate in a family tree, where they are kept in the same way that energy is stored in a battery. It is your inheritance, and you must claim it in order to use it throughout your lifetime. You must also determine what to return to the ancestral stream, as you will be an ancestor to future generations. Typically, what you give back takes the shape of positive deeds that are added to the energy cell of the family tree.

There is also probably a lack of energy due to an ancestor's unvirtuous deed (s). In such a case, you must locate the last link to obtain a surplus of energy. Honorable ancestors will assist you in your quest to discover this relationship. They will help you repair the gap so that energy can flow again. Othala means accepting responsibility for our deeds and our fate. And when we do this, we are on the right track toward ultimate enlightenment, which is self-transcendence.



Othala also represents the entire mankind who inherited this world. Our responsibility is to protect it and be decent and virtuous ancestors for future generations.

Tyr's Aett, the ultimate set of runes, represents the world of magical might. The runes in this set point to our intrinsic ability to become rune magicians and reach our full potential. It teaches us that we have the ability and power to convert our life into magical transcendence and reach the spiritual summit.

It's worth noting that Elder Futhark has no runes for the night or the moon. The night is the lack of light, which is defined as darkness. It is impossible to define darkness without first defining light. Darkness is not an entity in and of itself. Everything is only rendered invisible by a quality of light.

Because the sun is always there, light is also present. When there is no light, the earth's spinning creates the illusion of darkness. Furthermore, moonlight is simply the reflection of sunlight. These two vital components of human life are not represented by runes, demonstrating that ancient wise men were well aware of darkness and moonlight.

When it comes to reverse meanings of symbols, it is crucial not to become overwhelmed by them. It could just be a signal to slow down and pause for a bit before proceeding, or it could mean recasting the runes.

When translating and interpreting runes, it is critical to remember that the meanings should not be taken literally. They are to be read as metaphors, and deciphering them is up to the diviner's intuitive powers. The diviner must comprehend the problem or question at hand, examine elements such as the current circumstance and the many influences affecting them, and read and interpret runic messages.

For example, if the Uruz rune, which means wild ox, is selected during divination, you must relate to the rune's symbolic meaning: power and endurance. Of course, if your intuition leads you to believe the opposite meaning, it could indicate a loss of strength, stamina, and dominance.

Daily practice and interaction with runes is an excellent approach to learning how to read them and their meanings. For example, you could meditate with one rune at a time for one day. Even if you are uncomfortable with meditation, simply holding the rune close to you builds a connection with it over time. If you practice this exercise once daily, you will finish the Elder Futhark set in 24 days.

With each rune, tap into your intuition and pay attention to your feelings. You will most likely come across rune symbols in your daily life and learn to understand and interpret their messages. This is a powerful skill because it indicates that the universe is attempting to communicate with you and assist you in connecting with spirits and guides from higher planes of consciousness, which is essential in divination and prediction.

You will not become an expert in rune divination overnight. It needs perseverance and diligent practice to connect with and grasp runic messages after considering circumstances that influence the questions at hand. To establish a deep, divine connection with your Elder Futhark runes, you must learn to be patient with yourself and devote some time each day.

## Chapter 6

# THE EVOLUTION OF MAGIC

Nowadays, magic is confined to a ghetto of cheap, non-durable paperback books read by naive youths during a rebellious phase. "Magic," like "myth," is frequently used as a pejorative term to describe barbarous superstitions best forgotten.

This should come as no surprise. Magic has no place in our modern, mechanistic worldview, which prefers to explain phenomena simply in terms of linear, deterministic cause-and-effect relationships. Magic has been so thoroughly ejected from the modern world, at least in theory, that few people even know what it is. Most people think of magic as a kind of *deus ex machina* ("god in the machine") that defies the "laws" that govern matter and energy. After all, this is exactly how magic is portrayed in popular cultures, such as in the Harry Potter series. It stands to reason that those whose only (mis)information about magic comes from modern culture would believe it to be whatever these sources tell them it is.

When one turns to more knowledgeable sources, the Norse Eddas and sagas are a good place to start. One learns that magic is very different from what it's commonly supposed to be today and that, within some worldviews very different from ours, it is an understandable and even commonplace phenomenon.

## **A Definition of Magic**

So, what exactly is magic? The finest definition to date is probably that of Dion Fortune, one of the twentieth century's most influential writers on magic, who defined magic as "the art and science of effecting change in awareness in accordance with the will."

Magic brings about change by interacting directly with awareness. Its consequences frequently flow over into the physical world, but only inadvertently. In many ways, this is the polar opposite of what modern science does. Science generates changes in the physical world following the physical world's "laws." Magic and science use distinct methods and different goals, and this difference in goals explains the difference in means. This is why magicians don't do laboratory tests and scientists don't chant in front of altars etched with emotionally charged symbols. The defenders of modern conventions frequently assert that magic is a "primitive," immature groping toward science and that magic is outmoded now that science has come. But science and magic are two wholly different things. Neither can completely replace the other. Indeed, as explained further below, magic is as alive and thriving in the modern world as it has always been - it has simply been skillfully hidden.

Fortune's final clause is "in accordance with the will," which refers to both the will of the person or people performing the magic and the will of the person or people upon whom the magic is performed. The Renaissance philosopher Giordano Bruno's explication of this idea in his 1590 essay *On Bonding in a General Sense* remains the most detailed to date. In this treatise, Bruno discusses the role of bonds in magic, both as "relationships" or "closeness" and as "fetters" or "constraints." His basic premise is that to bind another, that is, to modify another's desires such that they aid in accomplishing one's desires, one must first work with the other's current desires. The argument is that magic can only succeed if it satisfies the desires of everyone involved in the operation. To persuade someone to believe or perform in accordance with one's own will, the belief or action must be presented in such a way that the individual believes it is in line with

his or her own will, thus satisfying the desires of both the enchanter and the enchanted. It is irrelevant whether this ends up helping or harming the individual on whom the magic is cast; either outcome is possible depending on the circumstances. On Bonding in a General Sense, as argued by religion historian Ioan P. Couliano, is a broader, more existential, and ultimately more grandiose equivalent to Machiavelli's *The Prince*.

## **The Pre-Christian Germanic World's Magic**

"Okay, but that only works on people, right?" you're probably thinking. What about controlling the weather and the behavior of animals and plants, actions attributed to sorcerers, shamans, and others all over the world?"

It's a good issue, and it can be answered by pointing out that this type of magic usually occurs in a cosmological environment extremely distinct from our own. The pagan Norse and other Germanic peoples believed that spirit could be found in a variety of things around the world rather than being unique to humans. This includes even what we would consider nonliving, lifeless items today. And if something has a spirit, it must be sentient and have its own will. As a result, humans were not the only creatures who might be influenced by magic. Because a storm, a cat, or a ship possessed spirit, they were all subject to the workings of magic.

Magic was a relatively regular aspect of everyday life for the ancient Germanic peoples. Magicians worked with, rather than against, the basic principles that were supposed to underpin the workings of the cosmos. If they differed from others in any way, it was in their level of understanding about the universe in general and those with whom he or she was working. It's worth noting that Bruno underlines this as well: the person who binds most successfully is the person who knows the beings to be bound and their wishes the best.

The Old Norse magic lexicon centres upon concepts of knowing. The word *kunna*, meaning both 'to know, to understand, to remember by heart' and 'to have insight into the old traditions and lore,' is at the center of this semantic

realm. *Fjölkyngi* derives from *kunna* and means "great wisdom," is the most popular and broad word for "magic."

In addition to knowledge of magical techniques and the beings involved in the working, understanding fate lies at the heart of ancient Germanic magical activity.

Magic is the ability to interpret fate and work with it to achieve one's goals, among other things.

Nowadays, when people bring up magic, they usually differentiate between "white magic" and "black magic," with the former being "good" magic and the latter being "evil" magic. This is as prevalent in anthropology as it is in the general public. Such a taxonomy, however, is absent from pre-Christian Germanic peoples' views of magic, who had drastically different moral standards than those of what we now call "morality."

So, did Germanic magic have any truly indigenous classifications or divisions? There were, but we know so little about them today. In Old Norse literature, the only type of magic clearly distinguished from others is *seidr*, a form of "high" ritual magic practiced only by women and "unmanly" men such as the god Odin. Men who practiced magic were generally drawn to the amorphous complex of "warrior shamanism," practiced by initiatory military communities. The Old Norse word *galdr*, derived from *galan*, "to crow," denotes magic that largely includes the use of runes and incantations and may have referred to another extraordinarily organized magic system. Still, this must remain a fascinating possibility due to a lack of reliable evidence.

## **Norse Mythology and Magic**

To comprehend Norse magic, it is necessary to first learn about Norse mythology and Norse paganism, the pre-Christian mystical tradition of the Northern European peoples known as *Heithni* in Scandinavia.

Norse mythology derives from oral transmission in the form of poetry. Our understanding of it primarily depends on the Eddas and other medieval literature written down during and after Christianization. These texts are made up of stories and beliefs shared by Northern Germanic tribes. The indigenous pre-Christian religion, beliefs, and stories of the Scandinavian peoples are based on Norse, Viking, or Scandinavian mythology. Norse paganism refers to the pre-Christian indigenous beliefs and religious notions shared by the Northern Germanic tribes. As a result, Norse paganism is a subset of Germanic paganism, practiced in most of Northern and Central Europe by Germanic tribes until the end of the Viking Age.

## **Völva**

Norse Paganism's Wise Women In Norse and Germanic paganism, a Völva was a wise woman, shaman, or priestess. They were highly regarded members of society who used herbalism and prophesy to care for their people's spiritual and bodily needs. Some argue that when Christianity ignored and condemned the Völva, they lived on in the northern European idea of the witch. They frequently appear in Norse mythology. A völva was an indigenous magician who practiced shamanism, sorcery, prophecies, and other forms of indigenous magic. Historical and mythological images of völvass were thought to have such abilities that even Odin, the father of the gods, consulted a völva to see what the gods' future contained. According to early reports, they were elderly women clothed in white who sacrificed victims of war and sprinkled their blood. This practice was thought to help them predict the future.

## **Freya**

Sex and Magic Goddess Freya is the patron goddess of love, beauty, sex, attraction, fertility, crops, and birth in Norse mythology, as well as the ultimate emblem of sensuality. She was the most beautiful of the gods and a goddess of war, death, magic, predictions, and wealth. She adores music, spring, and flowers and is especially fond of fairies. Freya is one of the most important Vanir goddesses. Freya means "lady" in Old Norse. The Vanir are a group of wild nature and fertility gods and goddesses who are



the sworn foes of the Aesir, the warrior gods. They were revered as bringers of health, youth, fertility, luck, and riches, as well as experts of sorcery. Vanaheim is home to the Vanir. She is the deity Njord's daughter and Freyr's sister. She afterward married the enigmatic god Od (possibly another variation of Odin), who vanished. Her tears turned to gold as she wept for her late spouse. Freya is represented as wearing a cloak (or skin) of bird feathers that allows her to transform

into a falcon and a chariot drawn by two cats. She possesses Hildesvini, a "battle boar" disguised as her human boyfriend, Ottar. Fulla is her chambermaid. Freya resides in the lovely palace Folkvang ("field of people"), which is always filled with love music, and her hall is Sessrumnir. She divides the slain warriors with Odin, sending one half to her palace and the other to Valhalla. Women visit her hall as well.

## **Seidr**

Seidr is a form of Old Norse magic practiced by men and women in Norse societies. It is often associated with the Norse goddess Freyja, who was known as a skilled practitioner of seidr. The word "seidr" itself comes from the Old Norse word "seiðr," which means "to bind" or "to entwine." This practice was highly respected in Norse societies, and those who practiced seidr were known as seiðmenn or seiðkonur. Seidr involved a range of magical practices, including divination, prophecy, and the manipulation of fate. It was believed that those who practiced seidr had the ability to see into the future, control the outcome of events, and communicate with the spirits of the dead.

Seidr was often performed by entering into a trance-like state, during which the practitioner would enter a realm known as the Otherworld. This realm



was believed to be a parallel universe that was inhabited by supernatural beings, and it was thought that the seiðmenn and seiðkonur could interact with these beings and gain access to knowledge and power that was otherwise hidden from mortals. Seidr could be used for a variety of purposes, including healing, protection, and even warfare. It was believed that skilled practitioner of seidr could use their magic to bring about positive change and prosperity, and success to their community.

Despite its importance and influence, seidr was not without controversy in Norse societies. Some saw it as a practice that was associated with the underworld and the forces of chaos, and it was often associated with female practitioners. This led to the stigmatization of seidr and those who practiced it, and it was eventually suppressed and marginalized by the Christianization of the Norse lands.

Today, seidr continues to be a fascinating and mysterious aspect of Norse culture and spirituality and is a source of guidance for those who seek to connect with their ancestors and the traditions of their forebears.

## **The Modern World of Magic**

Before the Renaissance, magic was a vital aspect of the Western world. However, the dreadfully pious and reactionary parts of European society in the sixteenth and seventeenth centuries, including the Protestant Reformation, the Catholic Counter-Reformation, the Inquisition, and the Witch Trials, crushed that "Rebirth" of Classical culture, arts, and sciences. Philosophers and scientists, who were once among the most likely to be passionate practitioners of magic, stripped their crafts of anything that might appear "magical," rebranding them as the study of inert, mechanistic phenomena. This placed their disciplines in line with the main strains of Christian theology, which hold that the visible, tangible world is a thoughtless, unfeeling construct produced by a god completely distinct from his creation. Consciousness was banished from the world, save for the human mind, but even the workings of the human mind were reframed in

mechanical rather than animistic terms. Magic had been banned from the planet, and it should be noted solely for ideological grounds.

Or, at the very least, civilized society requires us to appear as if this revolution was successful in liberating Western civilization of magic. Magic is as prominent in current society as it has always been. We merely call it "psychology," "sociology," "advertising," "marketing," and "personal development" instead of "magic." Regardless of politeness, the "mechanistic philosophy" of René Descartes, Isaac Newton, and others has completely failed to eradicate or even decrease the influence of magic in the modern world.

## Chapter 7

# **THE ART OF RUNE STONE DIVINATION**

This is possibly one of the most intriguing chapters in the book. Not only will we look at the relationship between divination and runes, but we will also look at divination in general - what it is, how it is practiced, and what it means in a person's life.

As previously said, runes have always had a deeper meaning. They have traditionally been connected with otherworldly powers, with a role in society to bridge the gap between the regular and the paranormal.

Whereas runic significance has evolved dramatically in the modern era, it still maintains the same link with divination that it did centuries ago. Even today, runes and rune-casting are regarded as the ultimate source of divine wisdom.

Without further ado, let us examine divination, how it is conducted, and how it is related to runes.

### **About Divination**

The term "divination" comes from Latin and means "to foresee, foretell, predict, prophesy." The word itself is predicated on the possibility of

receiving extraterrestrial knowledge. Over the years, divination has been used in various methods, including occults, rituals, meditation, and rune-casting. Most people who have questions about the future or a specific issue seek the advice of a diviner, often known as a fortune teller. The diviner applies their favorite method of divination, conducts readings, and then advises the individual seeking guidance on what to do next.

Most people believe that divination is the ultimate means to harness nature and the supernatural into guiding their lives. It is a method of organizing seemingly disparate areas of your life into a great overall picture that you can use to your advantage.

We must emphasize at this point that divination is not fortune-telling. They are, in reality, poles apart! Divination is a formal, organized method with a ritualistic component and a more visible social presence. On the other hand, fortune-telling is considered casual, purely personal, and largely an everyday habit. The major distinction between the two is that divination is spiritual - it is an attempt to call actual divine intervention to help you manage your challenges. While fortune-telling may occasionally promise similar results, it rarely includes a spiritual component and is just a shot in the dark.

Is divination well-liked and accepted all across the world? Certainly not! In fact, it is outright forbidden in some religions since it seeks to provide humans with the knowledge they were never supposed to have. It has also long been critiqued in modern society for lacking a scientific foundation. Skeptics consider it superstition, and it has frequently been shown to be wrong or untrustworthy. What's more noteworthy is that this aversion to divination is not new. Even in antiquity, prominent philosophers like Cicero, Sextus Empiricus, and Lucian spoke out against it.

## **Divination Techniques**

There are numerous methods of divination used throughout the world. In fact, every culture has its unique kind of divination. Despite different names

and a few variations in practice, the idea and goal of these methods remain the same.

The conversation that follows is divided into two parts. We will first cover some of the old methods of divination before moving on to the common methods of divination today. Let's look at some of the more intriguing types of divination.

## **Ancient Divination Methods**

### **Scrying - Divination Through Reflection**

This is possibly the oldest kind of divination. Scrying was used in many ancient societies. Finding heavenly guidance in reflections was a frequent pastime; individuals even searched their reflection in the water for clues. Scrying, on the other hand, was most popular in ancient Egypt, where it was done using ink. It was also used in Mesopotamia (with oil basins) and ancient Greece (mirrors and metals.) What's a fun fact? The present practice of reading crystals derives from scrying.

### **Divination Using Corn Grains**

This divination method was used in pre-hispanic civilizations in the Americas. Practicing divination with grains of corn was a complicated blend of divination, astronomy, and meteorology, indicating that these people had extensive knowledge of these areas. It worked by tossing corn grains onto a blank surface. The way they landed on the surface would then be studied, depending on where they landed.

## **Modern Divination Method**

When we mention "modern methods of divination," we don't imply that they were invented in the last century. In truth, the majority of these

technologies were also developed in antiquity. However, unlike the two previously stated methods, these are still extensively used worldwide as a means of divine communication.

### **Card Reading - Tarot**

Tarot cards are a common divination practice. While most people think of it as a form of fortune-telling or forecasting the future, it is more akin to divination. Tarot card readings do not reveal specifics about the future. Instead, it provides a guideline that can be used to predict a likely conclusion. In that sense, it serves as a tool for self-awareness and self-reflection.

### **The Celtic Ogham**

Based on the Ogham alphabet, this kind of divination was named after Ogma/Ogmos, the Celtic god of eloquence and reading. Many Pagans and Wiccans, particularly those following a Celtic path, have used it as a divination tool.

### **The Norse Runes**

We've already learned about the great Norse myth in which Odin created runes as a gift to humanity. Since then, many who regard Norse mythology as sacred and those who believe in the divinity of runes have used it as a divination technique.

### **Reading tea leaves**

Reading tea leaves is a method that is certain to emerge in every book, television show, and film on magic and divination. It is one of the most popular and widely used kinds of divination and is regarded as one of the simplest and least-maintenance methods of receiving divine guidance. It is not as old as some other kinds - it appears to have started around the 17th century - but it has survived for a long time.

## **Pendulum**

Pendulum divination is also popular these days because it is the most basic method of divination. It is claimed that the most crucial aspect of pendulum divination is learning how to ask the right questions. You may easily buy or create your own pendulum, then simply swing it around to get yes/no answers.

## **Osteomancy (Bone Reading)**

Sounds fairly intense, doesn't it? The use of bones for divination has actually been around for quite some time. There are several approaches that people can take, but the important idea is to evaluate the messages in bones in order to get a heavenly direction.

## **Lithomancy (Stone Divination)**

Divination can also be done with reading stones. Many cultures around the world have used stone casting. It has become so popular in some places that it is comparable to reading one's horoscope daily. There are several methods for practicing and manifesting lithomancy.

## **Numerology**

Numerology needs no introduction; it is one of the most often discussed methods of divination. A lot of Pagan traditions are centered on numerology. It is founded on the idea that numbers have a deeper, spiritual meaning, and how they emerge in our life affects us and our future. Some people believe that certain numbers are more powerful than others and can have a huge impact on a person's life direction.

## **Automatic Writing**

Again, this has been portrayed in far too many films. Automatic writing is a popular method for receiving communications from the spirit realm. You

use this method by holding a pen and allowing your body to absorb any direction it receives. Then, you allow these messages to pass through you without thinking about it.

That concludes the divination methods. While each of these approaches is unique in its own way, they are all based on the concept that the heavenly realm is never out of reach. All you have to do is select the best way for you and apply it to communicate with the spiritual world.

## **Runes Divination Methods**

Rune casting, also known as rune reading, is an ancient practice that dates back to the early civilizations of the Norse and Germanic tribes. It involves using a set of symbols, known as runes, to communicate with the gods and obtain guidance or insight into a particular situation or question.

There are various ways to cast runes, but the most common method involves drawing one or more runes from a bag or a set of stones and interpreting their meanings based on their position in the spread and their relationships to each other.

To begin a rune reading, the seeker must first decide on a question or issue that they want guidance on. It is important to be as specific and clear as possible, as this will help to focus the reading and provide more accurate and helpful insights.

Next, the seeker should prepare themselves for the reading through meditation, visualization, or other spiritual practices. This helps to clear the mind and open the heart to receive the guidance and insights of the runes.

Once the seeker is ready, they can either draw a single rune from the bag or set of stones or lay out a spread of runes on a table or altar. There are many different spreads to choose from, each with its own unique purpose and focus.



Rune casting is a powerful tool for self-discovery, guidance, and spiritual growth. It can provide insight and clarity on a wide range of issues, from personal and career matters to relationships and spiritual growth.

As with any form of divination, it is important to approach rune casting with an open mind and a sense of curiosity. And remember that the runes are only a tool for guidance and NOT a substitute for personal responsibility and sound decision-making.

Here are the most common methods used in rune divination:

### **Casting runes**

Casting runes begins by physically tossing or laying out a set of runes on a surface and interpreting their positions and orientations. The specific technique for casting runes varies from person to person. It can include methods such as randomly selecting runes from a bag or pouch, tossing a handful of runes in the air, or laying out the runes in a specific pattern. Once the runes are cast, the diviner will look at their positions and orientations in relation to the question or topic at hand and interpret their meanings based on their own knowledge and understanding of the runes.

### **Rune spread**

Rune spread is based on laying out runes in a predetermined pattern or "spread," similar to a tarot reading. The diviner will choose a specific spread, which can vary in size and complexity, and lay out the runes accordingly. Each position within the spread is associated with a specific meaning or theme. The diviner will interpret the meanings of the runes within each position based on their positions and orientations. For example, a common spread for general guidance may have positions for the past, present, and future. In contrast, a spread for love and relationships may have positions for communication, commitment, and emotion. The diviner will use their knowledge and understanding of the runes to interpret the meanings of the spread and offer guidance or insight to the seeker.

## **Rune casting**

Rune casting includes utilizing a particular method, such as throwing a bunch of runes into the air, to select and interpret the meanings of the runes at random. The diviner will usually have a subject or topic in mind before tossing the runes, either by hand or with a special tool like a casting cloth, and interpreting the ones that land face up. The meanings of the runes will be based on their positions and orientations as well as the diviner's knowledge and understanding of the runes. Some people also use additional tools, such as a pendulum or divination cards, to enhance the interpretation process. This method of divination can be quick and spontaneous, providing a more immediate answer or insight to the seeker's question or topic.

## **Rune meditation**

The practice of rune meditation consists of focusing one's mind on a rune or set of runes in order to gain insight into one's life. The diviner will often go into the meditation with a problem or topic in mind, after which they will choose a rune or set of runes to concentrate on. They will then enter a state of relaxation and focus on the chosen runes, either through visualizing them in their mind or physically holding them in their hand, and allow any messages or insights to come through. The diviner will interpret these messages or insights based on their own knowledge and understanding of the runes and offer guidance or insight to the seeker. This method of divination can be a more slow and more reflective process, allowing for a deeper understanding and connection to the runes.

## **Rune journaling**

This practice involves journaling about a specific question or topic and using runes as inspiration or guidance during the writing process. The diviner will typically choose a specific question or topic and draw a single rune or group of runes to focus on during the journaling process. They will then write freely about the chosen question or topic, using the runes as a form of inspiration or guidance as they go. The diviner will interpret any insights or messages that come through during the journaling process based

on their own knowledge and understanding of the runes and use this information to offer guidance or insight to the seeker. This method of divination can be a more creative and reflective process, allowing the diviner to explore their own thoughts and feelings while using the runes as guidance.

### **Rune casting with a focus object**

This method begins by using a specific object, such as a crystal or piece of jewelry, as a focal point while casting runes and interpreting the messages that come through. The diviner will typically have a question or topic in mind and will choose a specific object to focus on during the divination process. They will then cast the runes and interpret their meanings based on their positions and orientations as well as the energy of the focus object. The diviner will use their knowledge and understanding of the runes and the focus object to interpret the messages that come through and offer guidance or insight to the seeker. This method of divination is more intuitive and spiritual, allowing the diviner to tap into the energy and power of the focus object while using the runes as a form of guidance.

### **Rune drawing**

Rune drawing is about randomly drawing a single rune from a bag or pouch and interpreting its meaning in relation to the problem, question, or topic at hand. The diviner will choose a specific bag or pouch containing a set of runes. They will then draw a single rune from the bag or pouch and interpret its meaning based on their own knowledge and understanding of the runes. This type of divination might provide a more focused and particular response to the seeker's issue or problem in a quick and straightforward manner. Some individuals enhance the interpretation process with additional tools such as a pendulum or divination cards.

### **Rune pairings**

Rune pairings are a divination technique that entails drawing two runes and interpreting their meaning regarding the question or topic at hand.

Typically, the diviner will have a problem or subject in mind and will choose a certain bag or pouch with a set of runes. They will then draw two runes and interpret their meanings based on their positions and orientations, as well as the relationship between the two runes. The diviner will use their knowledge and understanding of the runes to interpret the meanings of the pair and offer guidance or insight to the seeker. This method of divination can provide a more in-depth and nuanced understanding of the question or topic, allowing the diviner to explore the various layers and complexities of the issue.

## **Rune visualization**

Rune visualization involves visualizing a specific rune or group of runes and then figuring out the messages or insights they give you. During the visualization process, the diviner will usually have a question or topic in mind and will choose a specific rune or group of runes to focus on. They will then enter a state of relaxation and focus on the chosen runes, visualizing them in their mind and allowing any messages or insights to come through. Based on their knowledge and comprehension of the runes, the diviner will interpret these messages or insights and offer direction or insight to the seeker. This technique of divination can be more contemplative and spiritual, allowing the diviner to dig into their own subconscious and inner wisdom while using the runes as guidance.



Divination seems fascinating, and I agree. However, it is always important to prioritize your mental health and be cautious. You don't want to find out anything you'd rather not know. I do not recommend asking the runes major questions concerning your or your loved ones' lives if you tend to overthink things. If you fear the future, we recommend starting slowly with divination. Slow down and be careful! This is no joke, and we want to ensure you're not putting your feelings at risk for the sake of the runes.

I apologize if that seemed a little too serious for a moment, but you'll thank us afterward. You don't want to play with something as important as divination. Always keep in mind when doing divination that the runes do not govern your destiny and that there is no set reading for what will happen. So, if you receive a negative reading, take a long breath, relax, and try again!

## Chapter 8

# **UNLOCKING THE SECRETS OF RUNIC MAGIC**

As you can see from the preceding chapter on divination methods, the runes are much more than just a writing system. We have repeatedly shown various facets of runology in old Norse lore and in artifacts acquired from the archaeological record. The Elder Futhark runes allow us to peek deeper into the workings of the Unseen World around us. With the right application, we can use them to appeal to the greater energies around us to assist us in achieving our goals in both the Seen and Unseen Worlds.

This chapter will teach you the fundamentals of runic magic and how to use the runes to effect change in your life. You will begin to unravel the mysteries of these tremendous energies here. Remember that everyone comes to the runes from different backgrounds and levels of magical or spiritual practice. Working with the runes, as detailed here, does not require any magical or ceremonial experience. You will find this chapter useful even if you are an expert in magical or spiritual systems.

### **Origins and Application**

The Poetic Edda contains the first myth about the runes, which tells of Odin's discovery of the runes. Odin discloses in the Poetic Edda that runes can be used for more than only writing, notably divination. Although runes

have various applications in religious and magical traditions, divination is the most common magical use of runes.

Odin's expedition to the Well of Wyrð and subsequent discovery of the runes demonstrate that runes are strong symbols that can be used to divine messages from the Norns and other great powers. The Eddas and folklore show that runes were employed for divination, but they were utilized for more purposes. The Poetic Edda contains several stanzas about the Valkyrie Brynhildr and her guidance to the hero Sigurð on how to employ runes magically to bring about safety and success. Archaeological relics such as runestones demonstrate that runes have enormous power for those who possess them, particularly for curses or blessings, as evidenced by the great works of rune experts such as Edred Thorsson. Runes have been engraved on spearheads, swords, shields, brooches, and even combs.

The Björketorp Runestone, which stands 14 feet tall, is one of the most prominent runestones in Sweden. It forms a circle with two other enormous stones, and on the stone is an Elder Futhark warning: "I, master of the runes, conceal here runes of power." He who breaches this [monument] is perpetually [tormented by] maleficence and [doomed to] insidious death." Scholars are divided as to whether this stone serves as a grave marker, an altar to Odin, or possibly a border marker between Sweden and Denmark. There's also a legend of a local man who removed this stone to cultivate. On a chilly, silent day, he started a fire at the base, attempting to heat and cool the stone with water, shattering it into pieces he could remove. A tremendous wind sprang up and blew the flames toward the man, lighting his hair on fire and putting out the fire around the great stone as the wood at the base of the stone was lit. The man could not extinguish the fire and perished in what can only be described as a horrific end.

There are various methods to incorporate runes into magical work for yourself and those around you. One method is to utilize rune script to generate an equation of sorts with successive runes written consecutively, similar to how you would take letters and create a word from them. We can also make bind runes, which are rune combinations that assist us in focusing on the purpose and intent of numerous runes at once. We may

intone runes in the art of Galdr, and we can even inscribe runes on food and eat them, absorbing the energy and power of the runes.

## **Runic Magic Principles**

The first step in incorporating runes into magical activity is to ensure that you have a healthy and stable relationship with the runes. This is accomplished by drawing a rune every day, journaling about the rune, and learning about the energies of the runes and how they manifest in your daily life. To maintain your relationship with the runes, you should meditate on them and make offerings to them.

An altar to the runes themselves might be acceptable in this case. Remember that they symbolize immense powers that operate as threads in the epic fabric of our existence; as such, they should be respected and revered. Some believe that each rune signifies a particular wight or spirit. Whatever your beliefs, a healthy, sacred attitude toward the runes is required to deal with them magically.

The Eddas are the best source for magically working with the runes. According to the Poetic and Prose Eddas, Odin discovered the runes on the World Tree when he sacrificed himself, impaling himself with his mighty spear. This tale serves as the foundation for all of our magical work with runes; we respect and comprehend Odin's role in delivering us the runes and the sacrifice he made to do so.

This underlying thread of sacrifice was crucial in the discovery of runes, and it should be crucial in any magical or religious rites into which you introduce the runes. Runes can be used in various ceremonies, ranging from charging and blessing amulets and talismans to appealing to gods and goddesses for a specific outcome. Whatever your intention, making offers or sacrifices during rites and celebrations is always necessary.

There are considerable contrasts between our predecessors' magical usage of runes and those used now. Edred Thorsson, Freya Aswynn, Ralph Blum,



and Diana Paxson are all modern interpreters of runes and their magic. In the 1400s, Iceland saw a renaissance of runic magic in the shape of Galdrastafir, the Icelandic Magical Staves, which were based on gods and goddesses and runic folklore. Guido von List significantly impacted the runic revival and twentieth-century neopaganism, giving us the Armanen Futhark, a set of runes he intuited during an 11-month blindness.

A basic rune ritual entails a ceremony in a protected or sanctified location, such as a circle that has been sanctified as protected or in a cleansed and consecrated building or space. Before beginning any magical activity, it is necessary to purify yourself and your environment, which can be accomplished in various ways, including smudging, using flower water or Florida water, or any other traditional means of spiritual purification.

After preparing your ritual place, start a runic ritual by intoning and chanting each rune in a circle. Begin by standing facing the east and chanting Fehu. Then, take a small step to the right, further down the circle, and chant Uruz, Thurisaz, Ansuz, and so on. Return to the beginning of the circle with Othala (at the end of the Elder Futhark). If you return to your starting position before reaching Othala, stand there and continue to face east, chanting the rest of the Elder Futhark until the conclusion. You can chant the runes in any color you like, but if you're using them to cleanse or sanctify a room, visualize them in a big throbbing white color; white is the color of purity, the color of purifying energy. Our capacity to visualize the energy we're working with contributes to the success of our intentions.

After calling on the runes in this manner, invoke the gods or goddesses you're interacting with and any ancestors and spirits who may be involved in the ceremony you're about to have. The ceremony begins once you've summoned these beings. This is where you would make your gifts or sacrifices, recite your spells or tales, or make prayers and the like to help manifest your desired goal. After you've finished this ritual phase, you can meditate or revere for as long as you need. When you're finished, knock on your altar or stamp your feet three times to end the ceremony.

## **Runic Talismans**

Talismans are trinkets or charms which you can wear or carry with you. They are meant to ward off disaster or evil or to bring you good fortune by magical purpose.

Talismans, particularly ones adorned with runes, can take numerous forms. They are usually small enough to take with us or keep close to us most of the time. When you inscribe runes with magical intent on your automobiles or bags, you may be making these objects runic talismans. Making keychains with Raidho, the rune of blessed travel, on them as gifts for friends and family, or a necklace with Uruz, the rune of strength and vitality, on it to wear at the gym while working out are two examples.

Talismans can be made from any material, although organic materials function best. Runes are tremendous energies that radiate from the Earth and Universe. Hence only natural materials should be used, with nothing manmade. However, if synthetic fabrics are all you have, they will suffice in a pinch. Ideally, you should use wood, stone, antler, bone, or leather, but paper or parchment will suffice. Talismans can be worn as a necklace or ring, or they can simply be something you keep close to you, set on an altar, or give away.

As previously mentioned, the notion of sacrifice and offering should be respected here. When you find the material for your talisman, do a brief ceremony in which you make offerings to the material's spirit. The ancient Norse believed in animism, which held that all parts of the natural world, from stones to rivers to mountains, have spirits. It is preferable to appeal to the spirits of the material included within your talisman.

Talisman inscriptions can occur in a variety of ways. You can carve with a tool or burn into wood and bone with a wood-burning instrument. It is commonly believed that dyeing a talisman with one's own blood is significant because it imbues the amulet with one's life's energy. It's important to note that one should never give amulets or talismans made

from one's own blood to others. Here I want you to know that any act of self-harm is NEVER encouraged or promoted by us. Remember to be safe, and please practice caution.

You can draw individual runes on a talisman, use rune scripts, or bind runes. Runescripts are suitable for spell work, bringing about protection, defense, love, or abundance. Still, bind runes are excellent for condensing the power of the runes in a compact inscription, which is especially beneficial when the room is restricted.

## **Runescripts**

Runescripts are straight-line arrangements of runes, similar to how letters are placed to generate words. Runescripts can be composed of a single "word" or a series of "words" that form sentences. After you've finished your rune script, draw a line across the bottom and top of the word, connecting each rune in a box-like form. This activates and empowers the rune script, connecting the power of the runes.

Through rune scripts, you can incorporate the power of the runes into your talismanic workings in several ways. These approaches range from intricate means of assigning numerical values based on the placements of the runes in the Elder Futhark and running them through equations to assigning the rune-scripts value in this way. There are also rune scripts in which people spell out words, converting them from their original language to the Elder Futhark. We can incorporate other popular versions of this strategy into our lives by translating our names or words, such as love or hope, into rune scripts. There are also stand-alone rune scripts that were written exclusively to bring the power of each rune into the "word." Whatever method you employ the runes in a script, remember that they will still bring the power of that specific rune to the task, so keep that in mind when creating your rune script.

Runescripts often consist of three, five, seven, or nine symbols. In rune scripts, three runes are traditionally employed for growth and abundance,

five for defense and protection, seven for love magic, and nine to assist in influencing fate or shifting the ripples in the Well of Wyrd. It is customary to build a symmetrical rune script, whether using the runes for their unique power, generating a word translated from its English counterpart, or working some complicated calculation through it. If you're translating English terms into the Elder Futhark, keep in mind that you don't repeat characters if they already exist in English. The word flower, for example, would be spelled Berkana - Laguz - Othala - Sowilo - Othala - Mannaz.

Be explicit and concise while choosing your runes. Excessive use of runes will clog up the rune script with too much power. After you've decided on your rune script, you'll need to decide on the material on which you'll inscribe your chosen runes. If you inscribe your rune script on a hard substance, such as antler or bone, your talisman will remain as long as that material does. Alternatively, you can inscribe a rune script on a piece of paper and then burn that piece of paper to "unlock" and unleash the power of the rune script. You can build rune script spells that can be charged on altars or with stones and crystals and saved to be used later.

## **Bind runes**

Bind runes are magical symbols that combine multiple runes (ancient Norse letters) into a single glyph. They were commonly used in ancient Scandinavian cultures for protection, luck, and other magical purposes.

The origins of bind runes can be traced back to the Viking Age when the Norse people used them as talismans for protection and good fortune. They were also used for divination, as the Norse believed that the runes held great power and could reveal the future.

There are many ways to create bind runes, but the most common method is combining two or more runes into a single symbol. The runes are usually chosen based on the desired result, such as protection, luck, or success. Once the runes are selected, they are combined into a single symbol by overlaying or merging them together.

Many different bind runes can be created, each with its own unique meaning and purpose. Some common examples include:

- **Algiz-Eihwaz Bind Rune for Protection:** This bind rune combines the runes Algiz (protection) and Eihwaz (strength) to create a powerful symbol of defense against harm.
- **Fehu-Ansuz Bind Rune for Luck:** This bind rune combines the runes Fehu (wealth) and Ansuz (communication) to create a symbol of prosperity and success.
- **Thurisaz-Ansuz Bind Rune for Success:** This bind rune combines the runes Thurisaz (thorn) and Ansuz (communication) to create a symbol of overcoming obstacles and achieving goals.
- **Raidho-Gebo Bind Rune for Relationship Harmony:** This bind rune combines the runes Raidho (journey) and Gebo (gift) to create a symbol of harmony and balance in relationships.
- **Jera-Berkano Bind Rune for Fertility:** This bind rune combines the runes Jera (harvest) and Berkano (birth) to create a symbol of fertility and new beginnings.
- **Eihwaz-Ingwaz Bind Rune for Inner Strength:** This bind rune combines the runes Eihwaz (strength) and Ingwaz (completion) to create a symbol of inner strength and stability.
- **Hagalaz-Sowilo Bind Rune for Transformation:** This bind rune combines the runes Hagalaz (hail) and Sowilo (sun) to create a symbol of transformation and new beginnings.
- **Othala-Laguz Bind Rune for Ancestral Connection:** This bind rune combines the runes Othala (ancestral property) and Laguz (water) to create a symbol of connection to one's ancestors and spiritual heritage.
- **Dagaz-Tiwaz Bind Rune for Insight and Clarity:** This bind rune combines the runes Dagaz (day) and Tiwaz (warrior) to create a symbol of insight and clarity of purpose.
- **Ehwaz-Mannaz Bind Rune for Partnership:** This bind rune combines the runes Ehwaz (partnership) and Mannaz (human) to create a symbol

of unity and cooperation in relationships.

Bind runes can be created for various purposes, and their meanings and uses are often personal and specific to the individual using them. Some people may use bind runes to protect their homes or businesses, while others may use them to bring good luck and success in their careers or personal lives.

Bind runes can be carved into wood, stone, or metal or drawn on paper or fabric. They can also be created through electronic media, such as computer graphics or digital art.

There are many different ways to incorporate and apply bind runes into your life. Some people may choose to wear them as jewelry or tattoos, while others may display them in their homes or workplaces as a symbol of protection and good fortune.

Regardless of how you choose to use bind runes, it is important to remember that they are powerful symbols and should be used with care and respect. It is necessary to understand the meanings and uses of the individual runes that make up the bind rune, as each one contributes to the overall power and purpose of the symbol.

## **Creating Your Own Talisman**

You can make your talisman out of any material; however, as previously said, organic materials are preferred. Because your talisman is harnessing the powers of the Earth and the Universe, it should be constructed of organic material if possible.

For the purposes of these instructions, we'll suppose we're working with a piece of wood. Softwoods such as pine or fir are preferable to hardwoods such as maple or birch because they are less likely to split or crack while drying or being worked on. We will make our talisman out of a pine wood disc with a hole drilled near one edge through which to string a cord or chain.

Once you've decided on your material, you'll want to know why you're building your talisman. Do you want to make a love talisman? Do you want to be protected from bad and wicked spirits? Will your talisman be used to heal? Your goal is crucial here, especially when deciding which runes to include in your rune script or bindrune.

Start carving or burning this sigil into your talisman with your design in mind. You should approach this as a ceremony with regard to the powers you're evoking. Concentrate on each individual rune's properties as you carve or burn them into your amulet. Incense smoking may be useful here to assist you in achieving a trance-like or semi-meditative state of being.

You can now add dye or a drop of blood to the grooves of your bindrune or rune script (if this is a talisman for you). Once this part is completed and dried, shellac your talisman to seal in the blood or color. Incorporating astrological factors into the development of your talisman would be advantageous. After you've finished making your talisman, you can hang it on a chain or rope and embellish it with natural components like stones and feathers.

You can now charge your talisman now that it is complete! Hold it in your hands and concentrate on bringing your power to bear on it, imbuing it with the desired energy. You may also charge it by leaving it under a full moon or in a crystal grid.

## Chapter 9

# **THE FASCINATING WORLD OF RUNIC LITERATURE AND INSCRIPTIONS**

Runes were carved onto stones, wood, bone, and other materials and were used for various purposes, including record-keeping, divination, and magic.

Rune inscriptions have been found throughout Northern Europe, from Scandinavia to the British Isles. They were first used in the 1st century AD and continued to be used until the Middle Ages, when the Latin alphabet gradually replaced them. Many of these inscriptions are short and simple, containing just a few words or a name. Others are more complex and can contain entire poems or stories. They can be found on different objects, including stones, weapons, jewelry, and household items.

Vikings and other Germanic peoples also produced a rich body of literature in the form of sagas, myths, and legends. These works were often passed down orally from generation to generation and were not written down until much later. Many of these works have been lost, but some have survived and have been translated into modern languages.

The Vikings were known for their love of storytelling. Their literature is full of tales of adventure, romance, and magic.



These inscriptions and works of literature provide insight into these ancient societies' beliefs, values, and ways of life. They have had a lasting influence on literature and culture in the modern world.

## **The Poetic Edda**

The Poetic Edda, also known as the Elder Edda, is a collection of Old Norse poems and stories written in the 13th century. The Poetic Edda is considered one of the most important primary sources for understanding Norse mythology, as it contains a wealth of information about the gods, goddesses, and heroes of Norse mythology. However, many of the poems and stories contained within the Edda are believed to have been passed down orally for centuries before being written down.

The poems are written in a highly structured, formulaic style that is characteristic of Old Norse poetry. The poems are often written in alliterative verse, with a strict rhyme scheme and a complex kennings system (a figurative language in which a more descriptive phrase replaces a noun).

Many of the poems in the Poetic Edda make reference to the runes, and they are used as a way to impart wisdom and knowledge to the reader.

One of the most famous poems in the Poetic Edda is the "Hávamál," or "Sayings of the High One." This poem is a collection of moral sayings and wisdom attributed to the god Odin. The "Hávamál" is notable for its use of kennings and alliterative verse and is considered one of the most important poems in the Edda.

The "Völuspá," or "Prophecy of the Seeress," is another noteworthy poem in the Poetic Edda. It is a poem that narrates the story of the world's creation and ending; the "Grímnismál," a collection of riddles attributed to the god Odin; and the "Helgakvíða Hundingsbana I," a heroic poem about a warrior named Helgi who confronts a giant and his servants.

## **The Prose Edda**

The Prose Edda, also known as the Younger Edda, is a 13th-century Icelandic manuscript written by Snorri Sturluson. It is a collection of Norse mythology, poetry, and heroic tales and is considered one of the most important sources for understanding the ancient Scandinavian worldview.

According to the Edda, the runes were created by the god Odin, who hung himself on the tree of life, Yggdrasil, for nine days and nine nights to gain knowledge. The runes were said to have great power and were often used in spells and rituals to invoke the gods or to bring about change in the world.

The Prose Edda also tells the story of the Norse creation myth, in which the world is created from the body of the giant Ymir. The gods Odin, Vili, and Vé then use the power of the runes to shape the world and create the first humans, Ask and Embla. The Edda also includes tales of the gods and goddesses of Norse mythology, such as Thor, Loki, and Freya, as well as stories of the heroic deeds of legendary figures like Sigurd the Dragon-Slayer and Brynhild the Shieldmaiden.

The Prose Edda is an invaluable source for understanding the beliefs and customs of the ancient Norse people, and its influence can still be seen in modern Scandinavian culture. It is a rich and complex work that has inspired countless writers, artists, and scholars throughout the centuries, and its enduring legacy continues to fascinate and inspire people all over the world.

## **The Rök Stone**

The Rök Stone is a massive, intricately carved granite boulder located in the Swedish village of Rök. Standing over 8 feet tall and weighing over 10 tons, the stone has fascinated archaeologists and historians for centuries due to its intricate carvings and inscriptions.

The stone was discovered in the late 19th century, and initial research suggested that it was created in the 9th century AD. However, further analysis revealed that the stone was likely created much earlier, potentially as early as the 5th or 6th century.

The carvings on the stone are incredibly detailed and depict various Norse mythological figures and scenes. One side of the stone features a depiction of the Norse god Thor, wielding his hammer, Mjolnir, and slaying a giant. Another side depicts the god Odin on his eight-legged horse, Sleipnir, accompanied by ravens.

The inscriptions on the stone are written in the Norse language and include a list of names, possibly of important figures or ancestors in the area. The inscriptions also include a poem known as the Rök Runestone, which tells the story of the mythological Norse hero, Sigurd.

While the purpose of the stone is not entirely clear, it is believed to have been used as a monument or marker for an important event or place. Some theories suggest that it may have been used as a gathering place for the local community or as a site for important ceremonies or rituals.

The Rök Stone has become a significant cultural and historical landmark in Sweden and is a popular tourist attraction. It has undergone several renovations and preservation efforts over the years to ensure its longevity and protect its intricate carvings.

Today, the Rök Stone stands as a testament to the rich cultural and mythological history of the Norse people and serves as a reminder of the enduring influence of these ancient stories and beliefs.

## **The Kvenland Runestones**

The Kvenland Runestones are a group of ancient stones found in the Kvenland region of present-day Finland and Norway. These stones are

inscribed with runic characters used by the ancient Scandinavian cultures to record historical events, legends, and personal messages. The Kvenland Runestones are considered an important cultural and historical artifact as they provide a glimpse into the lives and beliefs of the ancient Scandinavian people.

The Kvenland Runestones are believed to have been created in the 5th and 6th centuries, during the time of the Viking Age. At this time, the Kvenland region was home to some different Scandinavian cultures, including the Kvens, Finns, and Vikings. These cultures created the runestones to mark important events or leave messages for future generations.

There are several different types of Kvenland Runestones, each with its unique characteristics. Some of these stones are large and elaborately carved, while others are smaller and simpler in design. Many of the runestones are inscribed with the names of kings and other important figures and descriptions of battles, voyages, and other significant events.

One of the most famous Kvenland Runestones is the Skarda Runestone, which is believed to date back to the 6th century. This stone is inscribed with the name of a Viking warrior named Skarda, who is believed to have been a powerful chieftain in the Kvenland region. The Skarda Runestone is also inscribed with a message from Skarda to his descendants, urging them to remember his deeds and to continue his legacy.

Another important Kvenland Runestone is the Karlevi Runestone, discovered on the island of Öland in Sweden. This stone is inscribed with a message from a group of warriors who had traveled to the Kvenland region to fight in a battle. The Karlevi Runestone is also inscribed with the names of several important figures, including a king named Hrólfr and a warrior named Sigurðr.

The Kvenland Runestones have been the subject of much research and study over the years as scholars and historians try to piece together the history of the ancient Scandinavian cultures.

## **The Hälsinge Runes**

The Hälsinge Runes are a series of ancient Swedish runes discovered in the Hälsingland region of Sweden in the 19th century. These runes are notable for their unique style and a large amount of information they provide about the history and culture of the Hälsingland region.

The Hälsinge Runes were discovered by a farmer named Johan Henrik Johansson in 1868. Johansson was working on his farm when he stumbled upon a large stone with strange markings etched into it. Intrigued by the stone, Johansson contacted a local historian who recognized the markings as runes.

After discovering the Hälsinge Runes, a team of experts was brought in to study and interpret the runes. It was discovered that the runes contained a wealth of information about the Hälsingland region and its history. The runes described the daily lives of the people who lived in the region, including their work, families, and social customs.

The Hälsinge Runes also contained some myths and legends, which provided insight into the cultural beliefs and values of the Hälsingland region. One of the most famous myths in the Hälsinge Runes is the legend of the giant Asmund and his daughter Asny. This myth tells the story of a giant who lived in the Hälsingland region and had a daughter who was renowned for her beauty.

The Hälsinge Runes are considered one of Sweden's most important historical artifacts. They provide a unique glimpse into the past and give us a better understanding of the history and culture of the Hälsingland region. The Hälsinge Runes are currently on display in the Hälsingland Museum, where visitors can learn more about the history and culture of the region.

## **The Södra Finnskoga Rune**

The Södra Finnskoga Rune is a unique and fascinating relic from ancient Sweden. It is a stone inscription discovered in the town of Södra Finnskoga in the Västmanland County of Sweden in the early 20th century.

The inscription is written in the ancient Scandinavian runic alphabet, which was used by the Scandinavian people from the 4th to the 13th centuries. It is a testament to Sweden's long and rich history and provides insight into the lives and beliefs of the ancient Scandinavian people.

The Södra Finnskoga Rune is a large stone slab with a rectangular shape. It is made of granite and measures approximately 2 meters in length, 1 meter in width, and 50 cm in thickness. The inscription is carved into the stone's surface in a series of straight lines.

The inscription on the Södra Finnskoga Rune is written in a variant of the Scandinavian runic alphabet known as the Younger Futhark. This alphabet consists of 16 characters, each representing a different sound or syllable. The inscription is written in a combination of Old Norse and Old Swedish, which were the languages spoken by the ancient Scandinavian people.

The inscription on the Södra Finnskoga Rune is divided into three parts. The first part is a series of names, which are believed to be the names of the people who commissioned the stone. The second part is a series of religious phrases believed to be invocations to the Norse gods. The third part is a series of dates, which are believed to indicate the time when the stone was carved and erected.

The Södra Finnskoga Rune is an important artifact for several reasons. Firstly, it is a rare example of Scandinavian runic inscriptions, which are not very common. Secondly, it is one of the few surviving examples of Old Norse and Old Swedish written in the Younger Futhark alphabet. Thirdly, it provides valuable information about the lives and beliefs of the ancient Scandinavian people.

The Södra Finnskoga Rune is an important piece of Swedish cultural heritage and is recognized as such by the Swedish government. It is

currently on display in the Västmanland County Museum, which attracts thousands of visitors annually.

## **The Skåne Rune**

The Skåne Rune, also known as the Skåne Cross, is an ancient runic inscription discovered in the Swedish province of Skåne in the early 20th century. It is believed to date back to the Viking Age, around the 9th or 10th century.

The Skåne Rune is made up of a cross with four branches, each containing a series of runic letters. The inscription reads "HARALTR HEFNTI," meaning "Haraldr has punished." It is believed that the inscription was carved into the stone as a warning or a threat to others, possibly as a way to claim ownership or territory.

The significance of the Skåne Rune lies in the fact that it is one of the few runic inscriptions found in Sweden from the Viking Age. Most of the other runic inscriptions that have been discovered in Sweden are from the Middle Ages, long after the Viking Age had ended.

The Skåne Rune has also been the subject of much debate and speculation among historians and archaeologists. Some believe that it was carved by a member of the Viking elite, while others believe that a commoner carved it. There is also debate over the meaning of the inscription and its intended audience.

Despite these debates, the Skåne Rune remains an important piece of history that helps to shed light on the culture and traditions of the Vikings in Sweden.

## **The Heimdallr Runestone**

The Heimdallr Runestone is a Viking-era artifact that was discovered in the late 19th century in the Swedish town of Västra Ed. It is a granite stone that measures approximately 1.5 meters in height and is decorated with intricate Viking Age symbols and inscriptions.

The inscriptions on the Heimdallr Runestone are written in the Old Norse language and are believed to date back to the 9th or 10th century. They tell the story of a man named Heimdallr, a Norse god known for his vigilance and keen senses. According to Norse mythology, Heimdallr was responsible for protecting the gods and the mortal world from the dangers of the underworld.

The stone shows Heimdallr standing tall and proud, with a sword in his hand and a horn at his side. The horn, known as the Gjallarhorn, was used by Heimdallr to alert the gods to danger and to call them to battle.

The inscriptions on the Heimdallr Runestone also mention other important figures from Norse mythology, such as Odin, the god of war and wisdom, and Thor, the god of thunder. The stone also includes references to Valhalla, the legendary hall of the fallen heroes, and Ragnarök, the end of the world.

## **Modern Runic Literature**

In modern times, the runes have been revived and used as a medium for artistic expression and spiritual exploration. This literature genre often incorporates Norse mythology and folklore elements, as well as themes of personal growth, self-discovery, and spiritual awakening.

One of the pioneers of modern runic literature was the Norwegian writer and artist Edvard Munch. Munch was fascinated by the runes and used them in many of his paintings and sculptures, as well as in his poetry and prose. Ancient Norse mythology deeply influenced his work; he saw the runes as a way to connect with his ancestors' spiritual and cultural traditions.



Another notable figure in this scene is the Swedish artist Carl Johan Högberg. Högberg is known for his unique runic art style, which combines traditional Norse symbols with modern abstract forms. His work often explores themes of identity, heritage, and the role of the individual in the modern world.

Other contemporary runic writers and artists include the Danish poet Karsten Friis and the Norwegian writer Kari Lønning. Friis is known for his innovative use of the runes in his poetry, which often deals with themes of loss, longing, and the search for meaning. Lønning, on the other hand, uses the runes as a means of exploring the psychological and spiritual dimensions of the human experience.

Modern runic literature is a medium for artistic expression and spiritual exploration that has been embraced by a diverse group of writers and artists around the world. Whether through poetry, prose, or visual art, they offer a unique and powerful way for individuals to connect with their heritage and find meaning in the modern world.

## **Modern Runic Writing**

Modern runic writing is a revival of the ancient practice of using symbols and letters to communicate ideas and convey meaning. Runic writing has a long and varied history, with roots in the ancient cultures of Europe, including the Vikings, the Celts, and the Anglo-Saxons. In modern times, runic writing is used primarily for artistic and cultural purposes, with practitioners using the symbols to create tattoos, jewelry, and other decorative items.

Tattoos are one of the most well-known modern applications of runic writing. Many people get runic tattoos to honor their cultural heritage or pay tribute to their ancestors. Some of the most popular runic tattoos include the Viking runes, which are a set of 24 symbols that the Vikings used to communicate and record important information. Other popular runic tattoos include the Celtic Ogham, a system of symbols used by the ancient

Celts to write down their myths and legends, and the Anglo-Saxon Futhork, which the Anglo-Saxons used to record their history and literature.

Runic writing is also used to create decorative items such as jewelry, clothing, and home decor. Many people choose to wear runic jewelry as a way to show their pride in their heritage or to make a statement about their beliefs and values. Similarly, many people decorate their homes with runic symbols to add an element of culture and history to their space.

While the ancient symbols and letters are still used today, many modern practitioners have added their own twist to the art form. For example, some artists have created unique symbols and letters based on traditional runic writing but with a modern twist. Others have used symbols to create abstract designs that convey a message or emotion without using traditional words.

Despite the many modern uses of runic writing, the practice still holds a sense of mystery and intrigue for many people. The symbols and letters have a timeless quality that speaks to the deep cultural roots of the art form. Whether used as tattoos, jewelry, or home decor, runic writing remains a powerful and enduring way to communicate ideas and convey meaningful messages in the modern world.

# CONCLUSION



As we come to the end of our journey exploring the ancient and powerful world of Norse runes, I want to express my heartfelt gratitude to you, dear reader, for joining me on this exciting and enlightening journey.

Throughout the book, we have explored the fascinating history and meanings of Norse runes. These ancient symbols played a vital role in the culture and spirituality of the Norse people, serving as a system of communication, divination, and magical protection.

Norse runes have continued to hold great significance in modern times, with many people – especially in Scandinavian countries - still using them for personal and spiritual growth. In addition, there has been a revival of interest in runes among modern practitioners of Norse spirituality, who see them as a powerful tool for self-discovery and spiritual growth.

As we come to the end of our journey through the world of Norse runes, it is important to remember the enduring influence and significance of these ancient symbols. Whether used for their original purpose or as a means of personal and spiritual growth, Norse runes remain a powerful force in the present day.

I hope that the runes will guide you on your own journey of self-discovery and that they will bring you wisdom, strength, and clarity as you navigate the twists and turns of life.

May the power of the runes be with you always!

# Thanks

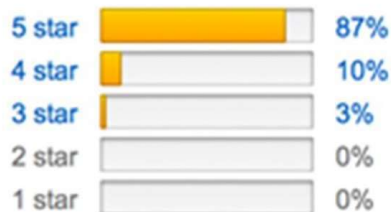
First of all, thank you for purchasing " *The Magic of Norse Runes*". I know you could have picked any number of books to read, but you picked this book, and for that I am incredibly grateful. I hope that it added value and quality to your everyday life.

If you enjoyed this book and found some benefit in reading this, I'd like to hear from you and hope that you could take some time to post a review on Amazon. Your feedback and support will help me to improve his writing craft significantly for future projects and make this book even better. I wish you the best in all that you do!

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# About the Author

Erik Hansen is a researcher and writer with a passion for Norse history. Since his teenage years, his Norwegian origins drove him to develop an interest in his roots and the fascinating past of the Scandinavian peoples.

Today he is recognized as one of the major experts on the Norse culture and mythology. Besides writing books and enjoying his family, he continues his studies through cultural journeys in the places of the Viking tradition.

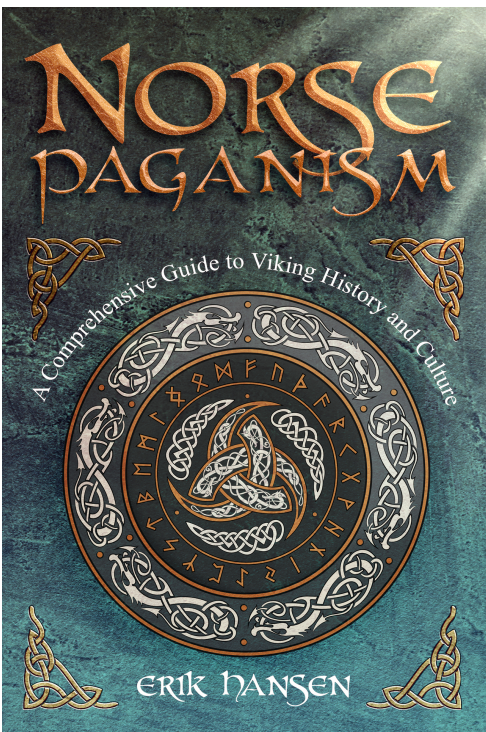






**By the same author**

## **NORSE PAGANISM**



**Dive into the world of Norse gods and goddesses! Discover the powerful rituals, symbols, and beliefs of Norse Paganism and how they can enrich your modern spiritual practice.**

*Are you fascinated by tales of brutal, heroic Viking battles? Do you find yourself drawn to stories of the ancient gods Odin, Thor, and Loki? Are you inspired to learn more about the religion behind the myths and legends?*

This book will teach you everything there is to know about Norse Paganism, from its earliest origins in 10,000 BCE to its modern-day influence on pop culture.

The Vikings and their mythology have fascinated people for centuries. Norse Paganism is a religion that places humans and the gods on equal footing. It was practiced by Vikings and had an impact on their daily lives as well as in their afterlife, which plays a key role in Norse mythology. This book explores Norse culture and its influence on contemporary society today.

**If you share that passion for ancient history and religion, this book is for you!**

Committed to a life of learning and teaching, author Erik Hansen shares his knowledge and passion in this book. As a recognized expert in Norse history and mythology, his interest in this fascinating culture was sparked by his Norwegian ancestry. By separating fact from fiction, you will be given a detailed history of this deeply complex, magical religion. Scandinavian traditions will be explored in a historical context alongside the real-world practices of Norse Paganism. Instead of sensationalized content about things that never happened, Erik Hansen has compiled a comprehensive guidebook of the facts.

Inside "*Norse Paganism: A Comprehensive Guide to Viking History and Culture*", you will learn everything you need to know about:

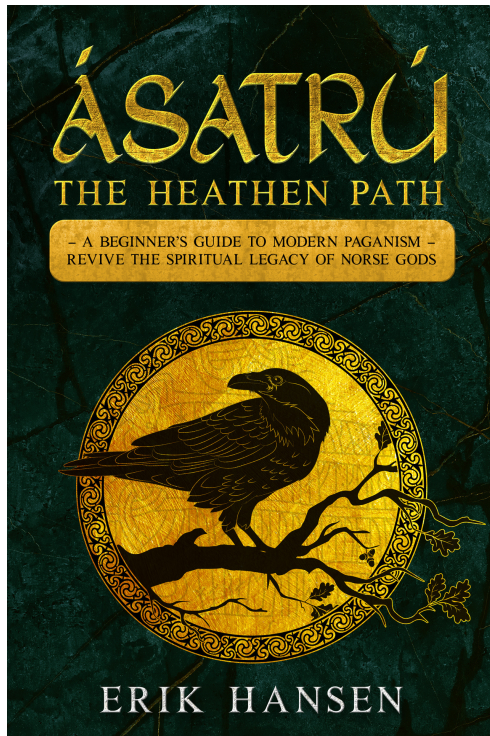
- The origins of Norse paganism and its history through the centuries
- The Viking lifestyle - raids and warfare
- The Christianization of Scandinavia and how paganism survived
- The details surrounding Norse magic and runes
- Gods and goddesses of Norse Mythology
- The way Vikings regarded death and the afterlife
- The Nine Realms of Norse Cosmology
- How to become a Norse Pagan nowadays
- The impact of Norse Paganism on pop culture

And other spiritual and cultural facts.





## ASATRU, THE HEATHEN PATH



**"Asatru, the Heathen Path" is a guide to the practices and beliefs of this faith rooted in the past but with present-day values. This book shares all you need to know to discover the magic and meaning of Norse Paganism and start practicing Asatru!**

*Are you fascinated by Viking lore and want to learn more about Norse myths and legends? Have you heard about Asatru and paganism and were intrigued? Are you interested in a non-dogmatic religion that preaches balance with nature, respect for ancestral traditions, and the value of self-reliance?*

**This book will satisfy your every curiosity about Ásatrú, from its ancient origins to its modern-day revival.**

Ásatrú is a religion that revives, rebuilds, and reimagines the ancient polytheism of Northern Europe. This religious movement officially began in Iceland in 1972, but new iterations of the Old Way quickly spread worldwide, and Asatru is one of the fastest-growing spiritual movements in the United States today. It's a religion based on a unique relationship between gods and men and reflects the parts of the human heart from which it comes in its very name: As-a-Tro, "one's faith."

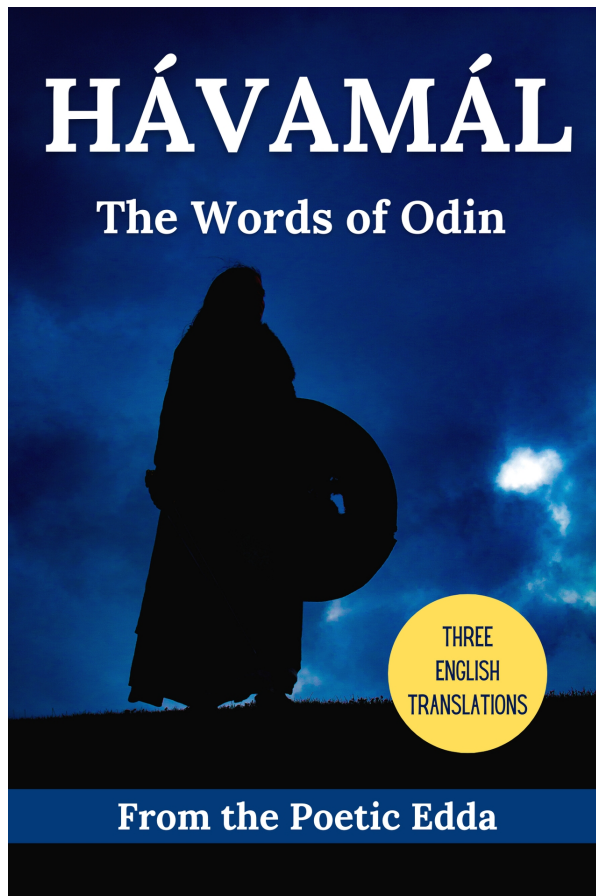
Erik Hansen, the best-selling author of "Norse Paganism," has created a complete yet easy-to-follow guide to walking the Asatru path and bringing the values of this ancient faith into your life today.

By reading this book, you will have a comprehensive knowledge of these topics:

- Origins and history of Norse Paganism
- The basics of Ásatrú and why it differs from other religions
- How to walk the heathen path and become Ásatrú
- Gods, goddesses, giants, and other fantastic creatures
- The nine noble virtues of Ásatrú
- Rune meanings and how to use rune stones for divination
- Worship, rituals, and ceremonies – how to perform blót and symbol
- Viking-era symbols and their meanings

# A GIFT FOR YOU!

## HAVAMAL – The Words of Odin



You've read Erik Hansen's books and got hooked on Norse mythology, right? Are you trying to put the values of the Viking tradition into practice in your daily life? Have you been inspired by nature and felt the need to read the words of Odin?

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Hávamál, (“Sayings of the High One [Odin]”) is a collection of 164 Old Norse short poems presenting advice for living, proper conduct, and wisdom that are ascribed to Odin. In this free book, you will get an introduction to the Hávamál and three different English translations.



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